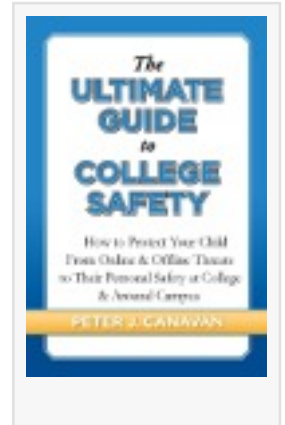


The Ultimate Guide to College Safety Helps Families Prepare Students for Online and Offline Threats

Pete Canavan combines decades of cybersecurity, self-defense and public-safety experience in a comprehensive resource for college students and their families

KINGSTON, PA, UNITED STATES, August 20, 2026 /EINPresswire.com/ -- As students across the country head to college, families are confronting a safety landscape that extends far beyond dorm-room locks and campus emergency phones. In [The Ultimate Guide to College Safety](#): How to Protect Your Child From Online & Offline Threats to Their Personal Safety at College & Around Campus, author and martial arts Master Peter J. Canavan brings digital security, physical safety and practical preparedness together in one wide-ranging guide designed for students and the people who care about them.



College is a time of independence, exploration and rapid personal growth. It is also a period when students establish habits, relationships, opinions and routines that may influence the rest of their lives. At the same time, they are navigating unfamiliar environments, new social pressures and an always-connected digital world in which a single post, message, click or disclosure can have lasting consequences.

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Pete Canavan

The book addresses a gap in traditional campus-safety information by focusing on what individual students can do before, during and after a threatening situation. Rather than limiting safety to institutional policies or emergency

procedures, Canavan emphasizes awareness, prevention, judgment, confidence and action across both the physical and digital worlds.

Canavan brings an unusual combination of professional experience to the subject. He has worked as a self-employed information technology consultant since 1995, has more than three decades of experience as a martial artist and self-defense instructor (he is a 6th Degree Black Belt Master in the Korean martial arts of Hapkido and TaeKwonDo), and is a former university

public-safety professional. The book distills that background into actionable guidance intended to help students become more aware, capable, confident and resilient while away from home.

Among the risks explored are identity theft, phishing, malware, ransomware, unsafe social-media sharing, cyberbullying and cell-phone security, along with roommate conflicts, hazing, alcohol and drug misuse, sexual harassment, dating safety, party and nightlife risks, dorm-room hazards, travel concerns and active-shooter preparedness. The book also covers personal boundaries, routines and comfort zones, credit-card and ATM safety, safety alarms and apps, health, fitness, nutrition and hygiene.

Canavan says: "Assuming a serious problem will never happen does not reduce the likelihood of one occurring. Students can improve their odds by recognizing threats early, reducing unnecessary risk, making informed decisions and knowing what actions to take when something goes wrong."

The guide also examines the consequences of oversharing online. Personal information, opinions, images and location details can be exploited for identity theft, scams, harassment or physical targeting, and an online history can affect future academic and employment opportunities. By connecting cybersecurity habits with real-world personal safety, the book encourages students to think of protection as one continuous responsibility rather than two separate issues.

For parents, *The Ultimate Guide to College Safety* is designed to serve as the next best thing to being there: a practical reference they can give a son or daughter before move-in day and encourage them to keep throughout their college years. For students, it offers a framework for making safer choices without giving up the independence and experiences that are central to college life.

About the Author

Master [Pete Canavan](#) is an information technology consultant, martial artist & self-defense instructor and former university public-safety professional whose work focuses on helping people understand and reduce risks in both the digital and physical worlds.

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