2024
Human Rights Manual
For Freshmen Usaeng

written and designed by
Sungkyunkwan University 56th Student Council SURE!

inspected by
Sungkyunkwan University Human Rights Center

다른 사람을 사랑하고 배려하여 조심하는 성균인
마땅히 옳은 것을 옳다고 생각하고 존중하며 행동하는 성균인
예절을 지키며 풍류를 즐기는 성균인
모든 인권의 동등함과 소중함을 아는 성균인,
단체 활동에서 발생할 수 있는 사고를 예방하고
d대응할 줄 아는 성균인
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Preferable friendship and safe school life among usaeng(유생)
Sungkyun-in, who recognizes that everyone’s human rights are equally important
Sungkyun-in, who knows how to prevent and respond to possible accidents in group activities
We welcome all new students who are taking their first steps as freshmen at Sungkyunkwan University. This manual intends to suggest some guidelines related to human rights and safely for a safe and secure college life for everyone.

All current students, including freshmen, are on an equal footing as members of Sungkyunkwan University. Keep in mind that everyone should create an equal relationship by refraining from disparaging or insulting one’s age, grade level, gender, hometown, or religious view. We must create a culture that recognizes the autonomy of each and everyone’s actions and opinions in any activities in university events, and furthermore, ensure that no individual or group is alienated. Most university events are mainly aimed at fostering active interaction and socialization, but to reach this goal, we must first look at ourselves and know how to respect others as independent subjects.

Above all, in order to establish a desirable school culture in which everyone’s human rights are respected, it is most important that all students recognize each other as equals and know that they have the right and duty to create a respected student society.
1
In

Human rights manual for usaeng(유생)
Sungkyun-in, who knows how to love, respect, and be careful for others
What are Human Rights?

Human rights are human dignity, value, freedom, and rights guaranteed by the Constitution and laws of the Republic of Korea or recognized by international human rights treaties or customary international law to which the Republic of Korea has acceded and ratified (including the right not to be subjected to discriminatory acts, abusive language, or violence in violation of equal rights). Discrimination here refers to actions that create disadvantages in academic evaluation, employment, research, personnel matters, etc., or foster unfair environments based on gender, race, skin color, language, religion, political opinions, national or social origin, membership in an ethnic minority, property, birth, or other status.

The Concept of Human Rights

The Necessity of Human Rights Education

Human rights education refers to all educational activities necessary for acquiring knowledge and understanding about human rights, enabling individuals to cope with and overcome any violations of human rights and discriminatory acts, and developing attitudes that respect the human rights of others. It is the education required to awaken and enlighten human rights awareness for all individuals according to Article 26, Paragraph 1 of National Human Rights Commission Act of Korea.

What is Violation of Human Rights?

Violation of human rights is an act that violates the minimum fundamental rights that must be guaranteed to be acknowledged as a human being. However, specific actions for human rights violations are not precisely defined, but appear as various actions.
Types of Human Rights Violations

1. Human Rights Violations due to Discrimination
   • Discrimination based on gender, age, sexual orientation and gender identity, marital status, physical conditions, etc.
   • Discrimination based on religion and ideology, political opinions, social status, educational background, disability, medical history, etc.
   • Discrimination based on the region of origin, country of origin, ethnicity, race, and skin color.

2. Human Rights Violations that do not Guarantee the Rights of Freedom
   • Violations of human rights by physical force
   • Human rights violations that do not guarantee the right to education/work
   • Human rights violations that do not guarantee the right to study/research

3. Human Rights Violations due to Physical Violence
   • The act of inflicting physical violence, such as shouting, physical punishment, or abuse
   • The act of inflicting verbal violence, such as insults, verbal abuse, or abusive language
   • The act of forcing someone to drink or restricting them from going home at a party

4. Human Rights Violations that do not Guarantee the Right to Education/Work
   • Infringement of the right to safe and proper education
   • An act of not paying reasonable labor or less than the minimum wage

5. Human Rights Violations that do not Guarantee the Right to Study/Research
   • Demanding private errands, abuse of academic authority, forcing students to drop out, etc.
   • Obstruction of the use of experimental and research facilities, unreasonable rejection of research guidance, compulsory change of research topics, infringement of rights to research outcomes, etc.

Ways to Deal with Human Rights Violations

1. Ask around for help when you feel ambiguous about whether your circumstance is regarded as a human rights violation.

2. When you believe to have a clear way to secure your safety, express your refusal to the perpetrator, and move to a safe place to stay away from the situation.

3. Gather evidence of the violation and ask agencies or organizations for help.
One step by usaeng(유생) for Sungkyunkwan without sexual violence
Sungkyun-in, who think that what is right is right and act with respect
Sexual Harrassment

An act of sexual harassment refers to making people feel sexually humiliated or loathsome in business, employment, or other settings by persons engaged in state agencies, local governments, or public organizations (referred to as "state agencies, etc.") prescribed by Presidential Decree, a working person, an employer or an employee of a public agency who takes advantage of their superior position or sexual comments, etc. regarding their duties, etc. or given disadvantage in employment on the pretext of disobedience to sexual comments or other demands. 「Article 3-2 of the Framework Act on Gender Equality of Korea Act」

Sungkyunkwan University’s regulations define sexual harassment as any act that causes sexual humiliation, shame, or disgust of the other person, regardless of whether a sex crime is established. 「Article 2-3 of the Regulations of the Human Rights Center of Sungkyunkwan University」

Sexual Violence

Sexual violence crimes are stipulated in the 「Criminal Act」 and 「Special Act on the Punishment, etc. of Sexual Violence Crimes」. In addition to rape, which is an act of committing adultery by making it difficult for the other person to resist through violence or intimidation, sexual harassment, verbal harassment, obscene phone calls, exposure of genitals, sexual abuse, showing pornography, body shooting using cameras, etc., production of pornography, forced prostitution, human trafficking, attempted rape, child molestation, wife rape, etc., sexual acts against the will of the other person are a broad concept that encompasses all physical, verbal, and mental violence. ‘Against the will of the other person’ means to continue or force the act even though the other person does not want or rejects it. Therefore, creating vague anxiety or fear about sexual violence to the other person is also included in ‘Against the will of the other person.’

Baseline for Sexual Shame or Disgust

The victim’s intention, gender, age, the relationship between the perpetrator and the victim, the circumstances leading to the act, the specific behavior of the act, the objective circumstances around, and the sexual and moral ideas of the time, etc. are comprehensively considered.

Cases of Sexual Harassment and Sexual Violence to be Aware of on Campus

- Between professors and students: In the event of sexual shame by making obscene remarks, disparaging appearance, etc. during lectures or at public/private drinking parties, sexual harassment and sexual assault of students by implicitly or explicitly inducing credit and degree recognition, thesis passage, career, etc
- Between seniors and juniors (or classmates): Obscene remarks and sexual harassment that the others did not allow, unnecessary physical contact, harassment or quasi-rape, rape, etc. in various school events such as MT and freshmen welcoming party(새내기 새로배움터 축제), and in public or private places such as lecture rooms, clubs, and dining places
- Others: Acts of infiltrating bathrooms or men’s/women’s lounges with a sexual purposes, secretly filming or distributing parts of other people’s bodies, such as filming specific body parts of drunk colleagues or classmates
How to Deal with Sexual Harassment • Violence

[If You Become a Victim of Sexual Harassment or Sexual Violence]

1. Understand the Situation
   If you are confused about whether the situation that occurred to you is a sexual assault crime or whether you have become a victim of sexual assault but don’t know about how to deal with it, consult with specialized institutions such as the Sunflower Center (evidence and medical assistance), Sexual Assault Counseling Center and the campus human rights center or counseling center (or student council or college) to make a clear judgment about your situation.

2. Think About the Response You Want in Advance
   Before reporting, you can consider various aspects related to reporting. You can think about how you want to handle this matter, how much impact the incident will have on your daily life after reporting, and the direction you want to solve the matter (such as the time and energy you can devote to the incident, as well as all the realistic situations around you) and choose the course of action that works best for you. The most important above all, is the safety of the victim. After safety is secured, you can receive support through the Sunflower Center if you need medical support or evidence.

[In Case of Being Suspected as a Perpetrator of Sexual Harassment/Violence]

1. Respect the victim’s position because sexual harassment and sexual violence can occur unintentionally. Immediately give a sincere apology for the wrongdoing.
2. Be careful not to mention the details of the incident (victim’s identity, etc.) to others.
3. If the victim does not want to meet, do not ask to meet up, but take responsibility for the problematic behavior, and faithfully respond to the victim’s requests.

[When Sexual Harassment/Violence Occurs in the Vicinity]

1. Sexual harassment/violence is greatly affected by the surrounding people’s attitudes and ways of dealing with it.
2. Using words such as “overreacting” or “getting angry” against the victims may cause additional damage to them. It is recommended to support the victim emotionally and listen carefully.
3. Be careful not to cause secondary damage, such as criticizing the victim, exposing the victim’s personal information and incident, or spreading rumors.
4. It is also inadvisable to expose cases related to uncontrolled accusations against those who have been identified as perpetrators, according to the principle of “presumption of innocence”.

Is this the Human Rights Center?

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Everyone's Efforts to Eradicate Sexual Harassment and Sexual Violence

- Be careful about unnecessary physical contact or use of language that may make the other person feel uncomfortable in school life and among event participants.
- Refrain from actions that do not have explicit consent or agreement with others, and even if it is not explicitly consented and agreed, do not regard it as implied consent.
- Make sure that consent under the influence of alcohol is not a real agreement.
- Beware of degrading a specific sex or judging an individual’s unique character or behavior by a fixed or generalized sexual consciousness.
- The arrangement and differentiation of spaces and activities for school life and event staff should be clearly defined as needed, ensuring independence between genders.
- If you are exposed to the risk of sexual violence or suffer damage, you can ask for help through institutions such as the campus human rights center, counseling center, and the sunflower center (off-campus)

Illegal Filming

Illegal filming refers to photographing a person’s body that can induce sexual desire or shame against the will of the person being filmed, that is, without permission, using a camera or other mechanical device with similar functions, based on 「Article 14 of the Sexual Violence Punishment Act」. If you took photos or videos that can cause sexual shame, the shooting itself is a crime, regardless of the consent of the person concerned.

The Difference between Hidden Camera and Illegal Filming

The term 'hidden camera' refers to a prank or event material to surprise another person, and it does not distinguish whether there is an involvement of a criminal behavior. In 2017, the expression of filming crime 'hidden camera' was changed to ‘illegal filming’ to raise social awareness of digital sex crimes. Therefore, it is not appropriate to describe a crime using camera shooting, which is an obvious criminal act, as a ‘hidden camera’. We must clearly recognize this difference and note that ‘illegal filming’ is a serious crime and subject to punishment. (The punishment for illegal filming has been continuously intensified.)
How to Deal with Different Types of Illegal Filming Damages

[Illegal Filming]

1. Immediately report illegal filming to 112, the local police station, or a specialized assistance program for digital sex crimes.
2. If you find an installed illegal filming device, report it to the police station.
3. Remember clues that can help you identify the perpetrator, such as the model of the perpetrator’s mobile phone or appearance.
   ** It is important to catch the perpetrator of mobile shooting as a red-handed criminal, so ask for help to people around the scene of the incident.

[Damage of Dissemination]

1. Obtain evidence of disseminated damage, such as post links, original videos, and captured copies.
2. After collecting the evidence, print a copy and carry it with you, then report to the police station in the jurisdiction of the perpetrator or the jurisdiction of the reporter.
3. If assistance with deletion is needed, request third-party deletion from organizations or entities that can provide help. If you wish to delete directly, you may request deletion from the administrator of the website.
   ** Under the current law, even if a sexual film was filmed under an agreement, filming and distribution are different acts. So distribution without the consent of the person who was filmed, even if filmed with consent, is subject to punishment.

[Threats to Spread]

1. Gather evidence of threats, such as threatening text messages and phone call recordings, and report it to the police station.
2. If you have the original recording of the threat, bring it to the police station.
   ** The police station has jurisdiction, so if you know the perpetrator’s residence, report to the police station with jurisdiction over the perpetrator’s residence. If unknown, report to the police station with jurisdiction over the reporter’s residence.
## Organizations that Provide Help

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<tr>
<th>Name</th>
<th>Information</th>
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<tbody>
<tr>
<td>여성긴급전화 (Emergency Hotline for Women)</td>
<td>Contact No. 1366</td>
</tr>
<tr>
<td></td>
<td>Service Hours 24/7</td>
</tr>
<tr>
<td></td>
<td>Services Offered: Link to professional counseling centers, local police, hospitals, legal institutions, etc.</td>
</tr>
<tr>
<td>디지털성범죄 피해자지원센터 (Digital Sex Crime Victim Support Center)</td>
<td>Contact No. 02-735-8994</td>
</tr>
<tr>
<td></td>
<td>Consultation Time: Weekdays 10:00~17:00</td>
</tr>
<tr>
<td></td>
<td>Services Offered: Counseling, Deletion Support, Investigation Support, etc.</td>
</tr>
<tr>
<td>한국사이버 성폭력대응센터 (Korea Cyber Sexual Violence Response Center)</td>
<td>Contact No. 02-817-7959 / <a href="mailto:hotline@cyber-lion.com">hotline@cyber-lion.com</a></td>
</tr>
<tr>
<td></td>
<td>Consultation Time: Weekdays 13:00~17:00</td>
</tr>
<tr>
<td></td>
<td>Service Offered: Counselling, investigation support, legal support, psychotherapy linkage support, etc.</td>
</tr>
<tr>
<td>한국성폭력상담소 (Korea Sexual Violence Relief Center)</td>
<td>Contact No. 02-338-5801</td>
</tr>
<tr>
<td></td>
<td>Consultation Time: Weekdays 10:00~17:00</td>
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<tr>
<td></td>
<td>Service Offered: Counseling and psychological, medical, and legal support for survivors of sexual violence</td>
</tr>
<tr>
<td>한국여성의전화 (Korea Women's Hot-Line)</td>
<td>Contact No. 02-2263-6464,5 / <a href="mailto:hotline@hotline.or.kr">hotline@hotline.or.kr</a></td>
</tr>
<tr>
<td></td>
<td>Consultation Time: Weekdays 10:00~17:00</td>
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<tr>
<td></td>
<td>Service Offered: Phone counseling, interview counseling, e-mail counseling, free legal counseling</td>
</tr>
<tr>
<td>한국여성민우회 성폭력상담소 (Korean WomenLink Sexual Violence Counseling Center)</td>
<td>Contact No. 02-335-1858</td>
</tr>
<tr>
<td></td>
<td>Consultation Time: Weekdays 10:00~17:00</td>
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<tr>
<td></td>
<td>Service Offered: Psychological, legal, medical, and other support</td>
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3
Ye

Usaeng’s (유생) joyful drinking culture
Sungkyun-in, who knows how to respect while enjoying
Drink Moderately
It is encouraged for all students to drink according to their own tolerance level. In particular, freshmen with little experience in drinking should never overestimate their drinking capacity, and should not use freshmen welcoming party (새내기 새로배움터) as a place to determine their drinking capacity. Students should never force freshmen to drink alcohol and should know their physical condition and control the amount and speed of drinking. Since the amount of alcohol you can drink depends on your physical condition, identifying your current condition is the best way to prevent any drinking accidents. Many students often misunderstand the maximum amount of alcohol they can drink as ‘the amount of alcohol they can drink until the film is cut off’. However, the maximum amount of alcohol they can drink should be based on ‘the maximum amount of alcohol that one can drink to control oneself and not get sober on the next day’. One should know when to stop drinking when one believes that he or she has drunk more than one’s drinking capacity, especially when participating in a party after an event, for it is likely that he or she is more exhausted than on normal days. Most importantly, the staff must create an atmosphere that aims for an appropriate drinking culture for everyone’s human rights and safety.

Promote an Autonomous Drinking Atmosphere
Everyone should respect the ‘right not to drink’ at drinking parties as well. Everyone should respect different opinions so that students who refuse to drink or want to control themselves are not alienated from drinking just because they refuse to drink or not. The freshmen welcoming party (새내기 새로배움터) is the first place for existing students and freshmen to meet, so students should try to create a free atmosphere related to drinking. The free atmosphere related to drinking is that everyone can freely express one’s opinion (expression of rejection or moderation) regarding drinking alcohol. It also means that expressing one’s opinion not to drink is not considered as an action that breaks the drinking atmosphere. Lastly, it means that one should not demand another to drink all alcohol in a glass at once. In this regard, in a drinking game, if even a minority does not want to play, the game should not be played, and an environment in which the intention to participate in the drinking game can be freely expressed should be created. In particular, it should be noted that it is difficult for new students to express their intention not to drink with regard to the freshmen party as it is their first time meeting their Sungkyunkwan classmates.

Mind Your Words and Actions
One must have an attitude of respect for others and be aware that careless words can hurt the feeling of others. Student should consider more carefully about the possibility of sexual harassment and sexual violence that can occur while they are not aware of it. In particular, since drinking is carried out in the freshmen welcoming party (새내기 새로배움터), even if one do not intend it, he/she may make remarks and behaviors that can be problematic. Therefore, one must be aware of their own words and actions so that responsibility can be taken. Furthermore, all students must be aware that there can be other ways to reject other than an explicit rejection such as “No”.

Sungkyun-in, who knows how to respect while enjoying 3 | Ye(禮)

Drink Moderately
Promote an Autonomous Drinking Atmosphere
Mind Your Words and Actions
Every year, various accidents occur in freshmen welcoming party (새내기 새로배움터). During this event freshmen and current students get seriously injured, harm each other, or even lose their lives due to excessive drinking and wrong words and actions. In the case of freshmen, it is common to see people over-drinking without knowing their alcohol capacity as they just graduated high school. Also, it might be hard to reject the upper-class students as it is their first time meeting seniors. Keeping this in mind, students and freshmen both must pay attention to their own behavior and remember that respect to not only their human rights but also the other’s human rights is necessary to truly have a good time. Regarding drinking, one should drink moderately according to one’s physical condition and learn to take responsibility for one’s actions. All students should keep this in mind to create a healthy drinking culture.

**Things to Remember When Drinking**

1. **Know Your Alcohol Capacity**
   - Be aware of your body condition
   - Do not overestimate your drinking ability
   - Do not overdrink until blackout

2. **Do Not Force Others to Drink**
   - Do not consider not drinking as disturbing the party
   - Do not force one shot or bottomless drink

3. **Drink Water Frequently**
   - Drink a cup of water after each shot

4. **Say “No” when You do not Want to Drink More**
   - Freely express the refusal for another shot
   - Respect others’ opinion when they decline to drink

5. **Do not Drink on an Empty Stomach**
   - Have adequate consumption of food and water when drinking alcohol
Words and Actions to Watch Out For

1. Forcing two specific people into a romantic relationship
   • Forcing to take friendship shots and love shots
   • Forcing one to drink for another person
   • Driving two specific people into a romantic relationship

2. The Act of Sexually Targeting Other Person
   • Recommending love shot
   • ‘Moutain beyond the moutain(산 넘어 산)’ game
   • ‘Nice Body’
   • Acts of sexually targeting others

3. Forcing One to Take a Certain Action
   • Forcing one to dance or sing
   • Forcing one to make cute expression or actions
   • Forcing one to make ridiculous actions
   • Any words or behaviors that bothers one

4. An Act of Forcing Excessive Drinking for Reasons such as Position, Gender, etc.
   • Senior(선배) love, peer(동기) love, junior(후배) love, 표면장력, etc.
   • Statements that reinforce gender stereotypes
   • Forcing one to drink based on a certain characteristic

5. Acts that Disparage a Specific Group
   • Use of derogatory words
   • Words and actions that degrade gender identity and sexual orientation
   • Speech and behavior demeaning a specific region or school
   • Excessive expression of political beliefs or emotions
   • Words and actions that demean skin color, nationality, race, etc.

6. Comments that Evaluate Appearance
   • The act of ranking other students by their looks
   • Evaluating the other person’s appearance without their consent and praising or belittling it
Usaeng’s(유생) healthy friendship and safe college life
Sungkyun-in who knows that everyone’s human rights are equally important,
Sungkyun-in who knows how to prevent and respond to possible accidents in group activities
In coming college life, Sungkyun-in will meet various people, build relationships, and engage in various activities. In the process, there are things you need to keep and know to make a healthy relationship.

Types of Healthy Relationships

1. Equal Relationships
   Keep in mind that all students are on an equal footing. We strive for an equal community regardless of grade level, age, hometown, religion, political views, social background, etc.

2. Relationship without Violence
   All students are strictly prohibited from engaging in any form of physical, mental, or verbal violence. Everyone should be careful not to cause violence based on differences in social power or physical strength from age, grade, or year of admission. Recognize that coercion is also a form of violence and avoid any coercion. Respect each other’s personalities and human rights on online anonymous bulletin boards such as ‘Everytime’ as well.

3. Relationship without Alienation
   All students must avoid a culture that takes certain actions or thoughts in conversation or activities, in order to prevent the alienation of any individuals or groups. Everyone has different values, preferences, and appearances. Keep in mind that being different is not wrong.

4. Relationship without Aversion
   All students should refrain from using words or engaging in actions that disparage or disregard minorities. Avoid labeling personal traits as flaws, and remember that everyone deserves respect.

5. Relationship that Do Not Cross the Line
   All students should not take a friendly relationship for granted from the beginning and should avoid imposing burdensome actions. The pace at which individuals grow closer in relationships varies from person to person. Start with casual conversation about hobbies or school life instead of sensitive topics to build trust with each other.
# In Campus Institutions that Can Help Students

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>카운슬링센터</td>
<td>Counseling Center is a ‘professional counseling institution’ that helps students develop their potential and lead vibrant college life by allowing students to have a wide understanding of themselves. It provides various psychological test services and helps students solve problems through one-on-one personal counseling with professional counselors. Every student at Sungkyunkwan University can receive the service for free, and the consultation contents are strictly confidential.</td>
</tr>
</tbody>
</table>
| Contact No.           | Humanities and Social Science Campus 02-760-1290  
Natural Science Campus 031-290-5260 |
| Location             | Humanities and Social Science Campus entrance to the 1st floor of Dasan Hall of Economics, 32107  
Natural Science Campus 3rd floor of Shops & Services Center, 04209 |
| Homepage             | http://scc.skku.edu/                                                             |
| Email                | helper@skku.edu                                                                                                                          |
| 인권센터             | The Human Rights Center oversees receiving reports and investigating cases, psychological counseling for victims and perpetrators, and operating damage recovery programs for students in need at Sungkyunkwan University. |
| Contact No.           | Humanities and Social Science Campus 02-760-1299  
Natural Science Campus 031-290-5682 |
| Location             | Humanities and Social Science Campus 3rd floor of Dasan Hall of Economics, 32327  
Natural Science Campus inside of the Counseling Center on the 3rd floor of the Shops & Services Center Center |
| Homepage             | http://helper.skku.edu                                                              |
| Email                | helper@skku.edu                                                                                                                          |
To safely enjoy events like entrance ceremony, freshmen welcoming party (새내기 배움터), Daedongje (대동제), and ESKARA, and to be able to cope with sudden natural disasters, here’s what you need to know.

**Moving Etiquettes to Prevent Crushing Accidents**

When entering a concert or event hall, running or pushing people in front of you can cause safety accidents. Therefore, please walk and prioritize order. When entering or exiting the area, please adhere to the instructions of the safety officials and move in an orderly manner by following the designated control lines. Utilize the designated moving aisles and doors for entering and exiting. Please refrain from sitting in areas that are not designated for the audience, and avoid climbing on rooftops, trees, walls, etc. to watch the event. In the event of an emergency evacuation, follow the person in front of you in a crouched position, move slowly, and maintain order as directed by the safety officials. Evacuate from the front of the line first to avoid overcrowding the entrances and exits at once.

**How to Deal with Fires**

In the event of a fire, assess your surroundings before moving. If the fire is in a building, locate and evacuate exits and fire escapes. Stay close to the ground and take shallow breaths to move through smoke-filled areas. Never use an elevator during an evacuation, and if you must open a door handle, make sure it’s not hot before opening it.

**How to Deal with Earthquakes**

If an earthquake occurs, stay where you are in an orderly manner until the shaking stops. If you are inside a building at this time, stay away from broken or falling objects and seek shelter under a table or in a restroom. If you experience severe shaking on the street, crouch down and stay where you are until the shaking stops, and stay away from buildings, streetlights, and power lines. During an evacuation, avoid using elevators. If you become trapped in an elevator, call 911 or seek assistance from the management office using the intercom, and wait patiently for rescue.
How to Deal with First Aid (CPR)

The most critical emergency is a heart attack in which the heart suddenly stops. The correct steps for CPR in this case are as follows.

1. Confirmation and Reporting of Responses
First, check whether the situation of the scene where the patient is located is safe, and if it is determined to be safe, approach the patient and check consciousness. At this time, if there is no reaction, no breathing, or abnormal breathing, it is cardiac arrest.

2. Chest Compression
Lay the patient on the flat floor with his back on it and put the heel of the palms of one’s clasped hands in the center of the patient’s chest connecting both nipples. Be careful not to touch the patient’s chest with one’s fingers, and press the chest perpendicularly to the patient’s body by putting one’s weight on it with one’s elbows extended. Repeat 30 times at a speed of 100 to 120 times per minute and a depth of 5 to 6 cm.

3. Opening Airway
Tilt the forehead back with one hand and lift the jawbone with two fingers, keeping the tip of the chin pointing toward the sky.

4. Artificial Respiration
Hold the patient’s nose with the thumb and index finger and perform artificial respiration for one second, and the tidal volume is such that one can visually confirm that the chest rises. After that, remove one’s mouth and hand from the nose so that the air is discharged. Perform about 5–6 seconds per session and 10–12 times per minute. Chest compression and artificial respiration should not be performed simultaneously, and artificial respiration should not be excessive.

5. Using AED(Automated External Defibrillator)
When the AED(Automatic External Defibrillator) arrives during the CPR, take off the patient’s clothes, press the power button, and attach it to the patient’s chest as drawn on two pad wrappers. At this time, there should be no sweat or foreign substances in the attachment area. Avoid contact with the patient while analyzing the heart rhythm and press the defibrillation button after confirming that no one has contacted with the patient when defibrillation energy is charged. After performing the defibrillation, CPR must be resumed immediately, and CPR and defibrillation must be repeated until 119 paramedics arrive at the scene, or the patient recovers and wakes up.
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