A GUIDE TO
SAFETY PLANNING

WHY DO I NEED A SAFETY PLAN?
Everyone deserves relationships that are healthy, safe and supportive. If you are in a relationship that is hurting you, it is important for you to know that the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can’t control the other person’s abusive behavior, you can take action to keep yourself as safe as possible.

WHAT IS A SAFETY PLAN?
A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. It includes information specific to you and your life that will help keep you safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible on campus, at work, at home and other places that you go on a daily basis.

HOW DO I MAKE A SAFETY PLAN?
Take some time for yourself to go through each section of this safety plan. You can complete this on your own, or you can work through it with someone else that you trust.

KEEP IN MIND:
• In order for this safety plan to work for you, you’ll need to fill in personalized answers, so you can use the information when you most need it.
• Once you complete your safety plan, be sure to keep it in an accessible but secure location. You might also consider giving a copy of your safety plan to someone that you trust.
• Getting support from someone who has experience working those in abusive relationships can be very useful.

VIP Center staff are also available to work through this safety plan with you, answer questions and help find additional resources you may need.

Adapted from NCDSV.org, UK Violence Intervention and Prevention Center, Rev. 9.19.11
Answering the following questions will help create your own safety plan:

1. What situations are you most afraid of?

2. What kinds of things have you thought of that may help you with these things you fear the most?

3. What kinds of things have you tried to protect yourself in the past? Which of these things have worked and which would you use again?

4. What types of arrangements can you make to improve your safety at work or school? (change your routes, screen your calls, change arrival and departure times, safety while traveling, etc.)

5. What kinds of these can you do to improve your safety in your home? (change locks, buy safety devices, inform neighbors and landlord to call the police if they hear a disturbance, purchase a cell phone, etc.)

6. Does the abuser have access to your phone, address, email or other ways to contact you? Can/should these be changed?

7. Are there other people or pets whose safety you are also concerned about as a result of this situation? (roommate, dating partner, coworker, etc.)

8. What kinds of legal resources in your community are available to you?
Staying Safe on Campus or at Work
The safest way for me to get to class/work is:
________________________________________________________________________
________________________________________________________________________
These are campus/work places where I often run into my abuser:__________________________. I will try and avoid those places as much as possible or try to go when s/he won’t be there.
There may be places where it is impossible to avoid my abuser. If I need to go to one of those places I can make sure a friend can go with me. I will ask__________________ or ___________________________________.
I can ask__________________ to help screen my calls.
If I feel threatened or unsafe, I can go to these public areas where I feel safe (VIP, cafeteria, the Student Center, etc.):
________________________________________________________________________
and/or________________________________________________________________________.
If a problem arises on my way home from work I can: ____________________________________________.

I could talk to the following people if I need to rearrange my schedule in order to avoid my abuser; or if I need help staying safe on campus or at work:

Supervisors:____________
_______________________
_______________________
Campus police
Work place Security
VIP
Counselor
Other:_________________
_______________________

Staying Safe in My Home
I can tell these people (roommates, neighbors, friends) about what is going on: ___________________ and ___________________.
There will be times when I am home alone. If I feel unsafe during those times, I can have people stay with me. I will ask:__________________________,
__________________________________________________________________________ or ____________________________.
The safest way for me to leave my home in an emergency is: ____________________________.
If I have to leave home in an emergency, I should try to go to a place that is public, safe and unknown by my abuser. I could go here: ____________________________ or ____________________________.
I will use a code word so I can alert my family, friends, roommates and/or neighbors to call for help without my abuser knowing about it. My code word is: ____________________________.
I will keep a spare set of keys here: ____________________________.
Staying Safe Emotionally:
My abuser often makes me feel bad by saying this:

_________________________________________________
_________________________________________________

When he/she does this, I will think of these reasons why I know my abuser is wrong:
_________________________________________________
_________________________________________________

I will do things I enjoy, like:

_________________________ and _______________________.

I will join clubs or organizations that interest me, like: _____________________ or

If I feel down and ready to return to a potentially abusive situation, I can
________________________________________________________.

I can read __________________________ to help me feel stronger and more supported.

For immediate support, I can call the following friends or family members at any time of day or night:

Name: __________________________
Phone: _______________________

Name: __________________________
Phone: _______________________

Name: __________________________
Phone: _______________________

Name: __________________________
Phone: _______________________

If I feel confused, depressed or scared, I can call the following friends or family members:

Name: __________________________
Phone: _______________________

Name: __________________________
Phone: _______________________

Name: __________________________
Phone: _______________________

Name: __________________________
Phone: _______________________

Getting Help in the Community:

For emergencies call 911 and give your location

Campus police station: 257-SAFE
Location: Corner of Rose St. and Euclid Ave.

Violence Intervention and Prevention Ctr.
Location: Lower level, Frazee Hall
Phone: 257-3574

Other: __________________________
Phone: _______________________
Location: _______________________

Other: __________________________
Phone: _______________________
Location: _______________________

Hotlines that can help:

_________________________
_________________________
_________________________

Websites with helpful and supportive information:

_________________________
_________________________
_________________________
These are things I can do to help keep myself safe everyday:

- carry my cell phone and important telephone numbers with me at all times.
- keep in touch with someone I trust about where I am or what I am doing.
- stay out of isolated places.
- alert work or campus security about what is happening so that my abuser is not allowed in my building.
- avoid places where my abuser or his/her friends and family are likely to be.
- keep the doors and windows locked where I live, especially if I am alone.
- will avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- call 911 if I feel my safety is at risk.
- remember that the abuse is not my fault and that I deserve a safe and healthy life.

These are things I can do to help keep myself safe in my social life:

- ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help.
- If possible, go to different malls, bars, banks, parties, grocery stores, movie theaters, restaurants, etc. than the ones my abuser goes to or knows about.
- no matter where I go, I will be aware of how to leave safely in case of an emergency.
- leave if I feel uncomfortable in a situation, no matter what my friends are doing.
- If I plan on drinking, I will be sure to have a sober friend to help in a volatile situation.
- spend time with people who make me feel safe, supported and good about myself.

These are things I can do to stay safe online and with my cell phone:

- keep my cell phone charged and program in important numbers.
- I will not say or do anything online that I wouldn’t in person.
- set all my online profiles to be as private as they can be.
- save any abusive, threatening or harassing comments, posts, or texts.
- never give my password to anyone.
- If the abuse and harassment does not stop, change my usernames, email addresses, and/or cell phone number.
- I will not answer calls from unknown, blocked or private numbers.
- see if my phone company can block my abuser’s phone number from calling my phone.
- I will not communicate with my abuser using any type of technology, even responding to messages, texts or emails can lead to more problems.
Specific safety concern I have:
_____________________________________________________________________________
_____________________________________________________________________________
Possible way to handle it:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
Possible resource to help: _____________________________________________________

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