

GUIDE TO SAFETY PLANNING

PRODUCED BY **Break** the Cycle

WITH SUPPORT FROM





If you have questions about dating in general or a specific relationship, or if you are in an unhealthy or abusive relationship, you deserve support and resources to help you with your situation. You are not alone; our peer advocates are here for you 24/7.

Loveisrespect advocates are trained on issues related to dating abuse and healthy relationships, as well as crisis intervention. This means that when you contact a loveisrespect advocate, they will listen to your situation, assess how you're feeling in the moment, and help you figure out the next best steps for you. You might brainstorm a safety plan together, or the advocate may be able to find some local resources for you, whether it's a counselor, support group, legal service or whatever you might need.

WHAT IS A SAFETY PLAN?

A safety plan is a practical guide that helps lower your risk of being hurt by your abusive partner. 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, in the dorms and other places that you go on a daily basis.

WHY DO I NEED A SAFETY PLAN?

Everyone deserves a relationship that is 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 your partner's abusive behavior, you can take action to keep yourself as safe as possible.

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 guide 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 with college students in abusive relationships can be very useful.



MY SAFETY PLANNING

I could talk to the following people at school if I need to rearrange my schedule in order to avoid my abusive partner, or if I need help staying safe at school:

- SCHOOL COUNSELOR
- COACH
- TEACHERS

- PRINCIPAL ASSISTANT/VICE PRINCIPAL
- SCHOOL SECURITY
- OTHER

If I live with my abusive partner, I will have a bag ready with these important items in case I need to leave quickly (check all that apply):

- CELL PHONE & CHARGER SPARE MONEY
- KEYS
- DRIVER'S LICENSE OR OTHER FORM OF ID
- COPY OF RESTRAINING ORDER
- BIRTH CERTIFICATE, SOCIAL SECURITY CARD, IMMIGRATION PAPERS AND OTHER IMPORTANT DOCUMENTS
- CHANGE OF CLOTHES MEDICATIONS SPECIAL PHOTOS OR OTHER VALUABLE ITEMS
- IF I HAVE CHILDREN— ANYTHING THEY MAY NEED (IMPORTANT PAPERS, FORMULA, DIAPERS)

STAYING SAFE AT SCHOOL

The safest way for me to get to and from school is: _____
_____.

If I need to leave school in an emergency, I can get home safely by: _____
_____.

I can make sure that a friend can walk with me between classes. I will ask: _____
and/or _____.

I will eat lunch and spend free periods in an area where there are school staff or faculty nearby. These are some areas on campus where I feel safe:
_____, _____, _____,
_____, and _____.

STAYING SAFE AT HOME

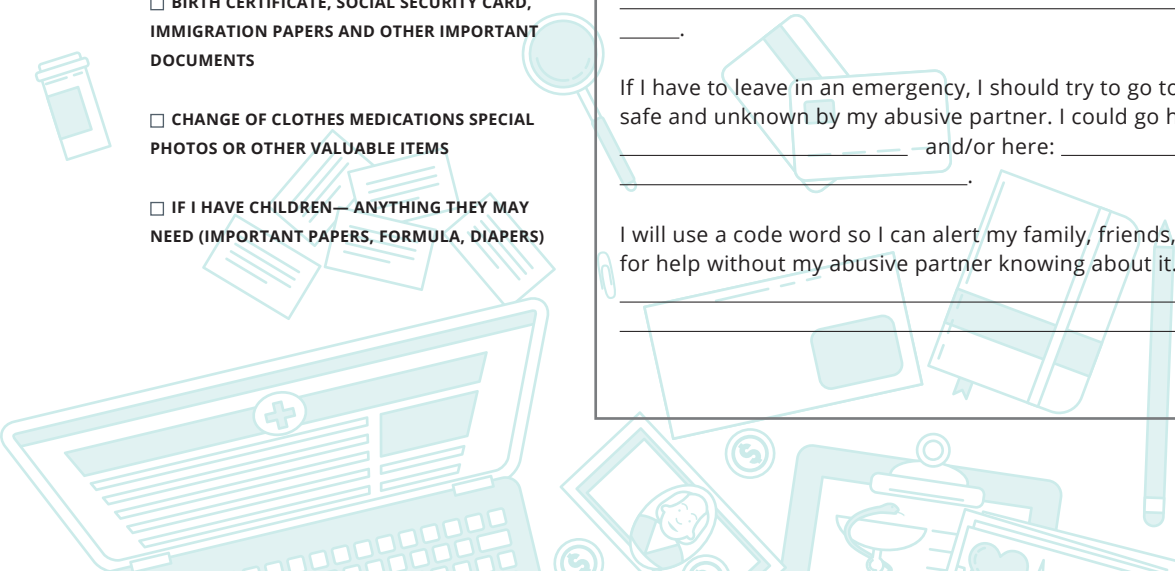
I can tell this family member about what is going on in my relationship:
_____.

There may be times when no one else is home. During those times, I can have people stay with me. I will ask:
_____.

The safest way for me to leave my house in an emergency is:
_____.

If I have to leave in an emergency, I should try to go to a place that is public, safe and unknown by my abusive partner. I could go here:
_____ and/or here: _____.

I will use a code word so I can alert my family, friends, and neighbors to call for help without my abusive partner knowing about it. My code word is: _____
_____.





MY SAFETY PLANNING

STAYING SAFE EMOTIONALLY

My abusive partner often tries to make me feel bad about myself by saying or doing this: _____

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

_____, _____ and _____

I will do things I enjoy, like: _____ and _____

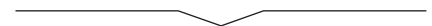
I will join clubs or organizations that interest me, like: _____ or _____

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

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____



During an emergency, I can call the following friends, family members or residential life staff at any time of day or night:

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____

GETTING HELP IN YOUR COMMUNITY

For emergencies: 911

loveisrespect: 1-866-331-9474

Campus police station:

Phone #: _____

Location: _____

Campus Health Center:

Phone #: _____

Location: _____

Campus Women's or LGBTQ Center:

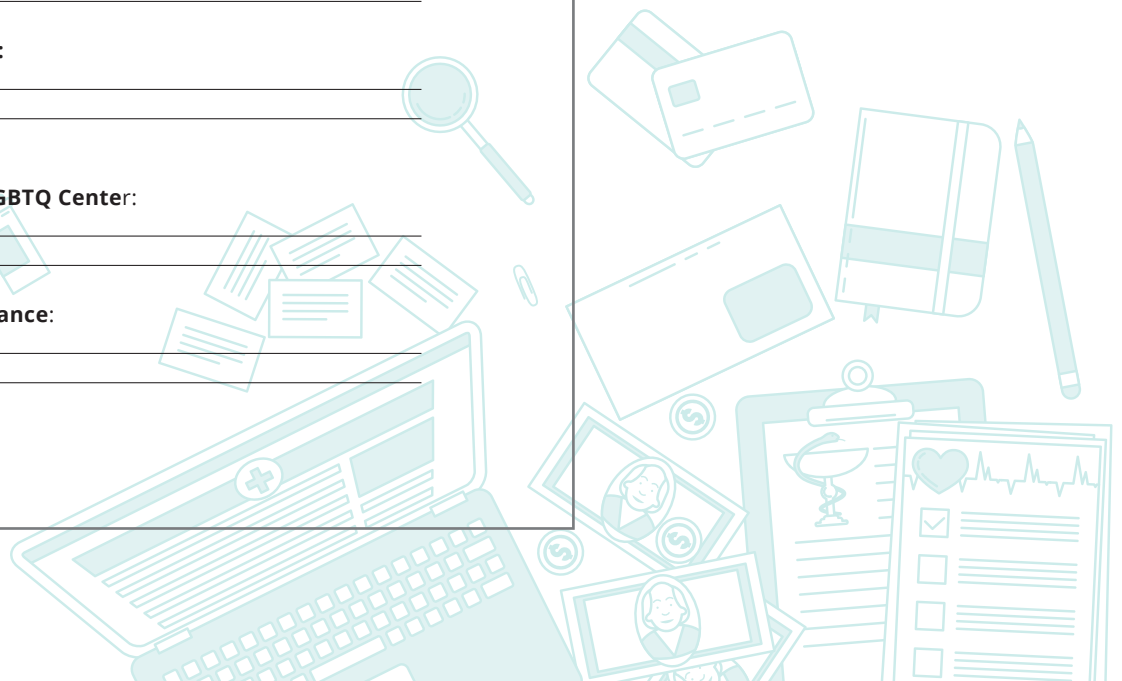
Phone #: _____

Location: _____

Local Free Legal Assistance:

Phone #: _____

Address: _____



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