

A College Student's Guide to Safety Planning

WHY DO I NEED A SAFETY PLAN?

Everyone deserves a relationship that is healthy, safe, and supportive. If you are in a relationship where you are being hurt, 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.

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 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.

HOW DO I MAKE A SAFETY PLAN?

Take some time for yourself to go through each section of this safety plan. You can complete the workbook 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. Keep in mind that Break the Cycle is always here to help you.

MY SAFETY PLAN— PAGE 1

Staying safe on Campus:

The safest way for me to get to class is: _____.

These are the places on campus where I often run into my abuser: _____ and _____. 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 on campus 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: _____ and/or _____.

If I feel threatened or unsafe when I am on campus, I can go to these public areas where I feel safe: _____ and/or _____.

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

Resident Advisor: _____

Professors: _____

Counselor: _____

The Haven Project
(724)357-4799

Other: _____

If I live with or near my abuser, 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 PFA (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, etc.)

Staying Safe in Your Residence:

I can tell these people (hall mates, roommates or CA's) about what is going on in my relationship: _____ and _____.

There will be times when my roommate is gone. If I feel unsafe during those times, I can have people stay with me. I will ask: _____.

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

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

and/or here: _____.

I will use a code word so I can alert my family, friends, roommates and/or hall mates to call for help without my abuser knowing about it. My code word is: _____.

*If your abuser is an IUP student and an employer or CA becomes aware of the abuse, it may be reported to the university and investigated.

MY SAFETY PLAN— PAGE 2

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:

_____,
_____ and
_____.

I will do things I enjoy, like:

_____,
_____ and
_____.

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

_____ or _____.

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

Name: _____

Phone #: _____

**During an emergency,
I can call the police:**

Name: University Police

Phone #: 724-357-2141

Name: Indiana Borough Police
or Pennsylvania State Police

Phone #: 911

For help in developing a

Safety Plan,

I can call

The Haven Project

at

Alice Paul House

724-349-4444

Getting Help in Your Community:

For emergencies: 911 (For on campus phones dial 9-911)

Break the Cycle: 888.988.TEEN or www.thesafespace.org

National Domestic Violence Hotline: 800-799-SAFE

University Police

Phone #: (724) 357-2141

Location: University Towers

850 Maple Street

Indiana, PA 15705

Center for Health and Well-Being

Phone #: (724) 357-9355

Location: Suites on Maple East

901 Maple Street

Indiana, PA 15705

The Haven Project

Phone #: (724) 357-4799

Location: Suites on Maple East

Suite G-59, 901 Maple Street

Indiana, PA 15705

The Counseling Center

Phone #: (724) 357-724-357-2621

Location: Suites on Maple East

G-31, 901 Maple Street

Indiana, PA 15705

The Alice Paul House (24hr. Hotline)

Phone #: (724) 349-4444

**Please consider seeking help by calling
The Haven Project at Alice Paul House,
724-349-4444, or The Counseling Center
at IUP, 724-357-2621.**

MY SAFETY PLAN— PAGE 3

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

- I will carry my cell phone and important telephone numbers with me at all times.
- I will keep in touch with someone I trust about where I am or what I am doing.
- I will stay out of isolated places and try to never walk around alone.
- If possible, I will alert residence life staff or university police about what is happening in my relationship.
- I will avoid places where my abuser or his/her friends and family are likely to be.
- I will keep the doors and windows locked where I live, especially if I am alone.
- I will avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- I will call 911 if I feel my safety is at risk.
- I can look into getting a Protection From Abuse order so that I'll have legal support in keeping my abuser away.
- I will remember that the abuse is not my fault and that I deserve a safe and healthy relationship.

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

- I will 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, I will go to different malls, bars, banks, parties, grocery stores, movie theatres, dining halls, etc. than the ones my abuser goes to or knows about.
- I will avoid going out alone, especially at night.
- No matter where I go, I will be aware of how to leave safely in case of an emergency.
- I will 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 driver who is *not* my abuser.
- I will 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:

- I will not say or do anything online that I wouldn't in person.
- I will set all my online profiles to be as private as they can be.
- I will save and keep track of any abusive, threatening, or harassing comments, posts, or texts.
- I will never give my password to anyone.
- If the abuse and harassment does not stop, I will change my usernames, email addresses, and/or cell phone number.
- I will not answer calls from Unknown, blocked, or private numbers (unless I expect a call from a provider).
- I can see if my phone company can block my abuser's phone number from calling my phone.
- I will avoid communicating with my abuser (if possible) using any type of technology since any form of communication can be recorded and possibly used against me in the future.