



A COLLEGE STUDENT'S GUIDE TO SAFETY PLANNING

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.



CALL

1-866-331-9474

(1-866-331-8453 TTY for Deaf/hard of hearing individuals)



CHAT

Start a live chat by visiting loveisrespect.org



TEXT

Text "loveis" to 22522

Message & Data Rates apply on text for help services.

love is

respect



HOW DO I MAKE A **SAFETY** PLAN?

MY SAFETY PLAN

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

- Campus Police
- Resident Advisor
- Professors:

- DORM SECURITY
- DEAN OF STUDENTS
- SEXUAL ASSAULT CENTER
- WOMEN'S CENTER LGBTQ CENTER
- COUNSELOR
- 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 RESTRAINING ORDER
- BIRTH CERTIFICATE, SOCIAL SECURITY CARD, IMMIGRATION PAPERS AND OTHER IMPORTANT DOCUMENTS
- MEDICATIONS
- CHANGE OF CLOTHES
- SPECIAL PHOTOS OR OTHER VALUABLE ITEMS
- IF I HAVE CHILDREN— ANYTHING THEY MAY NEED
(important papers, formula, diapers)

MY SAFETY PLAN

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 _____ .

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: _____

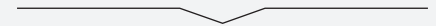
If I feel confused, depressed or scared, I can call the following friends or family members:

Name: _____
Phone #: _____

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 #: _____

Name: _____
Phone #: _____



MY SAFETY PLAN

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 dorm or campus security about what is happening in my relationship so that my abuser is not allowed in my building.

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 protective order so that I'll have legal support in keeping my abuser away. I can see if there are any self-defense classes available at my college or university.

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.

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