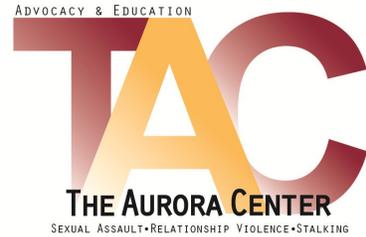


Safety Planning for Students



Being in an abusive relationship is a burden nobody should have to face, and it can add significantly to the stress of coursework and adjustment to college life. If you are in an unhealthy relationship, you should know that it is not your fault, and in this document are some suggestions of ways in which you can increase your safety and well-being on campus.

This worksheet will give you a structured opportunity for planning and reflection, and is intended to minimize the threat you face from your abuser. You are encouraged to personalize this safety plan and seek the support of volunteers and staff at The Aurora Center, and other resources around campus and the Twin Cities.

Coping with Violent Incidents

During an argument, I can move to a space that is of **lower risk**, such as _____ . (Avoid bathrooms, garages, kitchens, or rooms without outside access).

If my abuser threatens to “**out**” me, I can _____ .

If it is not safe to stay, I can **leave** in the following way: _____ .

I can inform _____ and/or _____ about the violence, and ask them to call the police if they hear suspicious noises.

I can use _____ as a code word with friends/family/children so they can call for help.

If I must leave my residence, or room, I can go to _____ .

I can teach my children how to use the phone to call the police

Resources & Support

The following individuals/entities on campus could be sources of support for me if I need to rearrange my schedule, transfer dorms, or conduct further safety planning:

My CA My Residence Director The Aurora Center (616-626-9111) Professors (_____, _____, and/or _____)

Psychologist/Counselor Security Monitors (624-WALK)

Important Items for Rapid Departure

In case I need to leave my abuser rapidly, I will keep a bag with the following items ready:

Mobile Phone + Charger Money Keys Identification Copy of Restraining Order Documentation (Birth Certificate, Social Security Card, Immigration Papers, and the like) Change(s) of Clothing Medications Toiletries Valuables (Jewelry, Photographs, Important Electronics) If I am a parent, Child-Care Supplies Pet-Care Supplies

Emotional Wellbeing

If I feel down and feel like I may return to an abusive situation, I can

When I must communicate with my abuser, I can

I can use positive self-talk with myself and be assertive with others.

I can call _____, _____, or _____ for support.

Work-Safety

When leaving work, I can _____.

If my abuser threatens to “**out**” me at work, I can _____.

If it is not safe to stay, I can **leave** in the following way: _____.

At work, I can seek support from _____ and/or _____, and inform them about my situation.

If problems occur while I am driving home, I can _____.

If I use public transportation, I can _____.

I can use voicemail, a co-worker, or a secretary to screen my calls

Home-Safety

If an abuser **interferes** with my access to essential medication, I can _____.

If my abuser no longer lives with me, I can do the following things: Change the locks on the doors and windows Get an unlisted phone number Install security systems Install smoke detectors and purchase fire extinguishers Install outside sensor lighting that goes on when people are near

I can ask the following people to **call the police** if the abuser is seen near my home: _____, _____, & _____.

I can inform _____, _____, & _____ about who has permission to **pick up my children**.

I can teach my children how to call me and _____ if the abuser abducts them.

Location and Safety

The route I take to **class** that maximizes my safety is:

_____.

I'm more likely to encounter my abuser at these locations on-campus:

_____.

If I cannot avoid encountering into my abuser at certain times, I will get either a **friend**, or a **security monitor** from the UMPD (**624-WALK**) to accompany me.

Friends that could walk with me are : _____, _____,
or _____.

If I feel at risk on campus, I can go to the following areas where I feel **safe**:

_____.

Orders for Protection

I can keep my order for protection _____. (Always keep it on or near your person. If you change clothes, purses, briefcases, it should be the first thing that is transferred.

If my abuser breaks the order, I can _____.

If the police are not responsive, I can _____.

I can inform _____ and _____ that I have an OFP.

If my partner destroys my Order for Protection, I can get another one from the County Court

Substances

Alcohol and other drugs can reduce my awareness and ability. An abusers substance use or abuse may give them an excuse for violence. If I am going to consume alcohol or other substances, I can do so in a safe place with people who are committed to my safety. Illegal drug use can put victim/survivors at a disadvantage during legal proceedings, and usage should be carefully considered. If my abuser is consuming a substance, I can _____.

Daily Considerations

I will keep my cell phone and important contacts with me at all times I will keep in touch with someone trusted about where I am and what I am doing I will avoid isolated places I will alert dorm or campus authorities about what is occurring if possible I will avoid my abuser and his/her friends I will keep my doors and windows locked I will avoid speaking with my abuser I will call 911 if my safety is at risk I will talk to Aurora about Orders for Protection I will acknowledge that abuse is not my fault and I deserve better

Social Considerations

I will ask my friends to keep their phones on and with them I will go to different social locations than my abuser, if possible (malls, theaters, parties etc.) I will avoid going out alone if possible I will try to keep aware of how to safely leave a situation in case of emergency I will leave an uncomfortable situation no matter what my friends are doing I will keep my doors and windows locked If I plan on drinking, I will have a sober driver who is not my abuser I will spend time with people that support me and care for my wellbeing

Online Safety

I will set my online profiles to the maximum privacy I will save and keep track of abusive, threatening, or harassing online content (emails, texts, posts) If the harassment does not stop I will change my usernames, cell phone numbers and email addresses I will not answer unknown, blocked, or private numbers I will contact my phone company about blocking my abusers number I will avoid contacting my abuser online