

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 #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Getting Help in Your Community:

For emergencies: 911

National Dating Abuse Helpline: 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: _____

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 #: _____

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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.
- If possible, I will go to different malls, bars, banks, parties, grocery stores, movie theaters, 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.
- I can 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 if unnecessary, since any form of communication can be recorded and possibly used against me in the future.