



A College Student's Guide to Safety Planning

WHAT IS A SAFETY PLAN?

A safety plan is a practical guide that helps lower your risk of being hurt by an abusive partner or someone who you feel is a threat to your safety. 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 residence halls, and other places that you go on a regular basis.

Staying Safe on Campus

The safest way for me to get to class is:

These are the places on campus where I could potentially run into the person who I feel threatened by:

If I feel threatened or unsafe when I am on campus, I can go to these public areas where I feel safe (a friend's room, the library, the dining hall, etc.):

If I need to rearrange my schedule or move to a new residence hall in order to avoid the abusive person, or if I need help staying safe on campus, I can contact:

Dean of Students, **937-766-7872** • Title IX Coordinator, **937-766-7777** • Campus Security, **937-239-6491**



Staying Safe in My Place of Residence

I can tell these people (roommate(s), suite/hallmates, RA, etc.) about what is going on in my relationship:

There will be times that my roommate/people I live with are gone. If I feel unsafe during those times, I can have people stay with me, or ask if I can stay with others. I will ask:

The safest way for me to leave my residence hall/place of residence during an emergency is:

I will go here:

I will use a code word so I can alert my family, friends, roommate(s), and/or suite/hallmates to call for help without my abuser knowing about it. My code word is:



Staying Safe in My Place of Residence

These are things I can do to help keep myself safe every day

- I will always carry my cell phone and important contacts with me.
- 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.
- 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 consider getting a “no contact” order through Residence Life or Title IX.
- I will call 911 if I feel my safety is at risk.
- I will put Campus Security’s number in my cell phone (**937-239-6491**).
- I will consider getting a protective order through criminal or family court so that I’ll have legal support in keeping my abuser away.
- I will not use any substances that can impair my ability to make wise choices about my safety.

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, banks, social gatherings, 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 safely leave in case of an emergency.
- I will leave if I feel uncomfortable in a situation, no matter what my friends are doing.

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

- 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 the abusive person’s phone number from calling my phone.
- I will not communicate with my abuser using any type of technology or on any social media platform, since any form of communication can be recorded and possibly used against me in the future, as well as for my own safety.



Staying Safe Emotionally

I will do things I enjoy, like:

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

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

1. University Counseling Services: **937-766-7855**
2. _____ Phone Number: _____
3. _____ Phone Number: _____
4. _____ Phone Number: _____

However, I know that if I am in immediate danger, I should call **911** or **Campus Security** at **937-239-6491**.