



Safety Plan

If you are interested in creating a safety plan, Victoria McBride at the RSVP Center can work with you to create a plan that feels most comfortable to you. You deserve support. A safety plan is aimed at increasing safety and reducing risks, however, it is not a guarantee of safety. Below are some planning tools that may be helpful to you. No matter what, it is **not your fault** if you experience harm.

I can talk to the following people if I need campus accommodations like assistance in rearranging my class schedule or transferring residence halls in order to avoid my abuser, or if I need help staying safe on campus:

- The LU RSVP Center** **Title IX** **LU Counseling** **LUPD**

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
- Keys
- Driver's license or other forms of ID
- Copy of ExParte or Order of Protection (if you have one)
- Copy of No-Contact Order (if you have one)
- Toiletries
- Birth certificate, social security card, immigration papers, and other important documents
- Change of clothes
- Medications
- Cash, if possible
- Special photos or other valuable items
- If I have children— anything they may need (important papers, formula, diapers)
- If I have pet(s)— anything they may need (registration, vaccination records, medications)
- Other _____

Staying Safe on Campus:

The safest way for me to get to class is:

_____.

These are places on campus where I often run into my abuser:

_____ and _____.

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 ask a friend to 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 safer (dining hall, quad, etc.): _____

and/or _____.

Staying Safe in My Housing/Living Space:

I can tell these people (roommates, friends, If I live on campus: RDs, or RAs) about what is happening:

_____, _____ and _____

There will be times when I am home alone. If I feel unsafe during those times, I can have people stay with me. I will ask:

_____ and/or _____

The safest way for me to leave my housing in an emergency is:

If I have to leave my housing 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, and/or roommates to call for help without my abuser knowing about it. My code word is:

If I have to leave my housing, but cannot take my pet, I can contact:

_____, _____

and/or _____ for support.

My Support Network:

If I feel confused, depressed or scared, I can call the following people:

Name: LU Counseling Phone #: 573-681-5164

Name: _____ Phone #: _____

Name: _____ Phone #: _____

Name: _____ Phone #: _____

Rape and Abuse Crisis Service or RACS is a confidential resource and available 24hrs in case you'd like to access them for support. Phone #: **1-800-303-0013**.

During an emergency, I can call the following people at any time of day or night:

Name: LUPD Phone #: 573-861-5555

Name: _____ Phone #: _____

Name: _____ Phone #: _____

Name: _____ Phone #: _____

Digital Safety Tips:

- Change passwords and usernames.
- Check your devices and settings. Make sure there are no apps on your phone that you do not recognize. Turn off your Bluetooth when you are not using it.
- Get a new device (if possible) if you think that your device is being monitored by your abuser.
- Protect your location. Look to see if your location-sharing is turned on in any of your devices. Check to see if there are any location trackers on your vehicle(s).
- Limit the information you give out about yourself and your location on social media.
- Check-in with friends to make sure they are not sharing information that you are not comfortable with.
- Change your social media settings to private.

Getting Free & Confidential Support:

- On-Campus
 - RSVP Center: 573-681-5057
 - LU Counseling: 573-681-5164
- In the Community:



Rape & Abuse Crisis Service
24-Hour Hotline- 1-800-303-0013
racsjc.org

National Resources:

- Domestic Violence Online Hotline: www.thehotline.org
- Love is Respect Text Hotline:
 - Text loveis to 22522
- National Dating Abuse Helpline:
 - 1.866.331.9474

***Soft Reminder: You are not responsible for any of the harm you experience.
You deserve support. You deserve healthy relationships that are compassionate, supportive and respectful.***