

SAFETY PLAN

Safety Planning

If you are in an unhealthy relationship, it is important for you to know the abuse is Never Your Fault. A safety plan, specific to you and your life, is a practical guide that helps lower your risk of being hurt by your abuser. The University encourages you to be proactive and have a safety plan in mind.

Upon request the University will assist with changing academic, living, transportation, and working situations. This request may be submitted to:

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A safety plan, specific to you and your life, is a practical guide that helps lower the risk of being hurt by your abuser.

1. The safest way for me to get to class is: _____

2. These are places on campus where I often run into my abuser:
_____ and _____

(I will try and avoid those places as much as possible or try to go when s/ he won't be there.)

3. 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 make sure a friend can go with me. I will ask:
_____ and _____

4. If I feel threatened or unsafe where I am at, I can go to these public areas to feel safe: _____ or _____

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5. I can tell these people about what is going on in my relationship:

(If I feel unsafe during times when my roommate(s) is gone, I will ask at least one of these individuals to stay with me.)

6. The safest way for me to leave my place of residence in an emergency is:

7. I will use a code word so I can alert my family, friends, roommates and/ or hall mates to call for help without my abuser knowing about it.

- My code word is: _____
 - I told my code word to the following people:
-

8. I will have a bag ready with these important items in case I need to leave quickly:

- Cell phone & charger
- Spare money & keys
- Driver's license (or other form of ID)
- Copy of Protection Order
- Change of clothes
- Medications
- Special photos or other valuable items
- Birth certificate, social security card, & other important documents
- If I have children, anything they may need (important papers, formula, diapers, etc.)

If I am starting to feel unsafe with my partner, I can:

- Ask my partner to leave. If additional help is needed, I can contact the Campus Police/Security or the City/Town Police. [Campus resource list](#) provides local contact information.
- Work with my friends and/or family on a reason I need to leave the situation. It can be helpful to have a code word/phrase that can be used with friends/family in conversation or through a text message.
- Make sure important numbers are programmed into my cell phone (911, Campus Police/Security, etc.). [Campus resource list](#) provides local contact information.

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- Have an emergency evacuation plan. Try to avoid rooms that have weapons or rooms without any windows (ex: kitchen and bathroom). Refer to my safety plan on the other side.

If I need a safe place to go, I can:

- Call a friend to make arrangements to stay at their place. I should refer to my safety plan for names, numbers & locations.
- Utilize the Safety program (every night), which is offered through campus Safety/Police, where an officer will safely escort me anywhere on campus. [Campus resource list](#) provides local contact information.
- Contact city/town Police if I would feel more comfortable being escorted to another location.

Once my partner has left, I can:

- Call 911 immediately, if I need medical assistance.
- Contact Campus Resources for assistance in understanding available resources on- and off-campus. [Campus resource list](#) provides local contact information.
- Make a report to Campus Security/Police or Local Police of any crime(s) that may have occurred. [Campus resource list](#) provides local contact information.
- Ensure there are no broken windows or locks in my place of residence.
- Petition to obtain a [Court Order/Protection Order](#). Counselors and Domestic Abuse Centers can assist me in filling out the paperwork. [Campus resource list](#) provides local contact information for counselors and centers.
- If my partner has been arrested I can sign up for alerts through [VINE Link](#) (VINELink is the online version of VINE - Victim Information and Notification Everyday - the National Victim Notification Network. This service allows crime victims to obtain timely and reliable information about criminal cases and the custody status of offenders 24 hours a day. Victims can also register to be notified by phone, email, text message (SMS) or TTY device when an offender's custody status changes. Users can also register through [Nebraska VINELink](#))

If I feel I am being stalked, I can:

- Contact Police, Campus Security/Police, or other Campus/Off Campus Resources for legal resources, campus resources and remedies. [Campus resource list](#) provides local contact information.
- Keep a log of my incidents with the stalker.
- Save anything I receive from the stalker and report them to the police, campus resources, etc. and inform those close to me so they do not give out my personal information. [Campus resource list](#) provides local contact information.

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- Petition to obtain a [Court Order/Protection Order](#). Counselors and Domestic Abuse Centers can assist me in filling out the paperwork. [Campus resource list](#) provides local contact information for counselors and centers.

To increase my safety while on social networks, I can:

- Keep my primary email address private.
- Avoid posting personal information online (home address, where/when I'm going on vacation, work information, etc.).
- Save offending messages and report them to Campus Security/Police or Local Police. [Campus resource list](#) provides local contact information.