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:

Carmen Sirizzotti, MBA
Title IX Coordinator
402.559.2710 | csirizzotti@unmc.edu
Administrative Building – Office# 2010

Students:
Cheryl Bagley Thompson, PhD, RN
Title IX Deputy Coordinator:
402.559.2792 | cbthompson@unmc.edu
Student Life Center – Office# 2048

Faculty & Staff:
Linda M. Cunningham, MPA
Director, Employee Relations
402.559.7394 | lcunning@unmc.edu
Administrative Building – Office# 2001

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/hen’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 ___________________________
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.
SAFETY PLAN

- 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 (VINE Link 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 VINE Link.)

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.
**SAFETY PLAN**

- 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.