



Safety Planning

A safety plan is a personalized, practical plan to improve your safety before, during, or after a dangerous situation.

This plan provides information specific to your circumstances to help you prepare for and respond to different situations- such as talking with loved ones, managing emotions, and finding resources that meet your needs.

While some steps in a safety plan may seem straightforward, it can be difficult to think clearly during a crisis. Planning ahead helps you make decisions quickly and protect yourself and others.

The best way to make a safety plan is with the assistance of a support service. If you would like confidential support with making a safety plan, please contact:

Kelly Blecha • Title IX Advocate
kblecha@unmc.edu or 402.836.9043

Safety plans may include:

- Updating contact information
- Adjusting daily routines
- Changing locks and installing security systems
- Ensuring children and pets are safe
- Identifying safe alternate locations
- Preparing a bag with essentials (money, clothing, IDs, medications)

Be Aware:

Your digital activity—including emails, texts, and web searches—can be monitored without your knowledge, even if your history is deleted. Consider using safe browsing methods, such as a VPN or public computer, when researching safety planning information.