

# My Safety Plan

**This is my plan for the rest of the day** (ex. Call a friend or family member, call my therapist, go to the gym, go to the health center, take a walk, etc.):

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**These are places on campus where I might run into the person who harmed me:**

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**If/when I run into, or hear from, the person who harmed me on campus, here are names of family or friends I could call to accompany or support me:**

*Name:*

*Phone Number:*

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**Here are some other steps/courses of action I can take if I run into the person who harmed me on campus:**

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**If I run into/hear from the person, I will keep note/log/track the contact in the following way:**

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**Here are precautions I can take if I go to a campus social event or party where I might see the person who harmed me:**

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# My Safety Plan

If I feel threatened or unsafe when I am on campus I can go to these public areas where I feel safe:

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I can confide in these friends about the situation (*remember that campus employees are Responsible Employees, meaning they are required to report*):

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During an emergency I can call the following friends or family at any time:

Name:

Phone Number:

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These are things I can do to feel/keep myself safe:

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These are things I need from my community of support (friends, family, etc.) in order to feel safe:

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Resources that feel most supportive to me are:

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## Online Safety Planning Resources:

To create an online safety plan, use this College Student's Guide to Safety Planning at LovelsRespect.org: [https://www.loveisrespect.org/pdf/SafetyPlan\\_College\\_Students.pdf](https://www.loveisrespect.org/pdf/SafetyPlan_College_Students.pdf)

For more information on Safety Planning in situations of Domestic/Intimate Partner Violence visit the website for the National Domestic Violence Hotline, TheHotline.org: <https://www.thehotline.org/help/path-to-safety/>