



Safety Planning Guide for Emory Students

The Respect Program, Engaging the Emory community to prevent & respond to sexual assault & relationship violence | Office of Health Promotion | Emory University Student Health & Counseling Services | 404.727.1514 | <http://respect.emory.edu>

A Personalized Guide to Enhancing Safety

What is safety planning? Safety planning is a process to help you reduce your risk based on your individual life and relationship. While you can't control your partner's behavior, you can still take steps to help keep yourself safe. You are most likely doing many of the things outlined in this guide already, and safety planning is a tool to help you gather your thoughts and prepare for how you might react in certain circumstances.

Why should I create a safety plan? The abuse you are experiencing in your relationship is not your fault, and you deserve support, safety, and health. Regardless of whether you remain in your relationship or end it, it is important to explore ways to keep yourself safe. It can be difficult to imagine situations that may be harmful to you, but planning in advance can help keep you as safe as possible.

How do I create *my* safety plan? Your safety plan is personal should be crafted around your individual situation and needs. What follows is an outline. You might want to add or omit parts of it depending on what is applicable to you. It can be even more helpful to develop your safety plan with someone else. Lauren Bernstein, the Coordinator of the Respect Program in the Office of Health Promotion, can meet with you to walk you through this process, or you might feel comfortable talking through it with a friend or counselor.

Keep in mind:

- You are the greatest expert on your life and what will help you feel safer.
- It is best to write down your safety plan, if you feel safe doing so. You can keep it in a secure but accessible location, on your person, and/or can give a copy of your safety plan to someone you trust.
- You can access more information that might be helpful to you as you plan for your safety online at <http://respect.emory.edu>.
- The Respect Program is here to support you and provide you with free, non-judgmental, and confidential* assistance.

Adapted with permission from Break the Cycle (2008). *A college student's guide to safety planning* [PDF document]. Retrieved 2 June 2011 from <http://www.breakthecycle.org/content/safety-planning>

Student Health and Counseling Services provides confidential services to the maximum extent permitted by law. Confidentiality and Privacy will be maintained to the maximum extent permitted by applicable law. **Any incident involving a minor (a person under the age of 18 in Georgia), shall be reported to the Emory Police Department. The Emory Police department shall contact any other necessary authorities (DFCS, appropriate law enforcement agency, etc.) If the survivor is a minor, the appropriate representative of Campus Life will also be notified so s/he can inform the survivor's family of the assault.*



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Safety on Campus

I can commute to campus using this route _____

The safest way to get to class is _____

I often run into my partner at _____ and _____ at Emory.

There are some places where it might be impossible to avoid my partner. I can ask _____ and _____ to go with me so I can feel safer.

If I feel unsafe or threatened while on campus, I can go to these public areas where I feel safer:

_____ or _____.

Safety in My Dorm/Apartment/Home

I can tell these people I trust about what is going on in my relationship _____, _____, and _____.

I might feel unsafe when my roommate is gone. If I feel unsafe during these times, I can have people stay with me. I will ask _____ and _____.

If I have to leave my home in an emergency situation, I will try to go to a public place or somewhere safe and unknown to my partner. I could go to _____.

I can use the following code word to alert my loved ones or people I live with to call for help without my partner knowing about it. My code word is _____.

If I have to leave my dorm/apartment, then I can go to _____.

I can talk to the following people about options if I need to transfer dorms or switch classes, talk about academic options, or want support or help staying safe on campus:

The Respect Program
Lauren(LB) Bernstein, LMSW
Assistant Director
404.727.1514
respect@emory.edu
1525 Clifton – 103 Suite

Carolyn Livingston, PhD
Title IX Coordinator for Students
404.727.7195
chlivin@emory.edu

Emory Police Department
404.727.6111

Office of Residence Life and Housing
404.727.4144

Counseling & Psychological Services 404.727.7450

Helpline (peer support)
8:30pm-1am 404.727.HELP

Resident Advisor/Hall Director:

My Academic Advisor:

Professor(s):

Other(s):



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During an emergency, I can call the following friends, family members, or organizations day or night:

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____

Emory Police Department
404.727.6111, 24 hours

DeKalb Rape Crisis Center
404.377.1428, 24 hours

Georgia Domestic Violence Hotline
800.334.2836, 24 hours

RAINN Hotline
800.656.HOPE or chat online, 24 hours
<https://ohl.rainn.org/online>

National Dating Abuse Hotline, 24 hours
866.331.9474 or chat online 5pm-3am
<http://www.loveisrespect.org>

If I live with or near my partner, I will have a bag ready with the following items to help ensure my safety if I must leave quickly (check all that apply):

- Cell phone and charger
- Spare cash
- Keys
- Passport, driver's license, Emory Card
- Birth certificate, social security card, immigration papers, and other important documents
- Change of clothes
- Medications
- Special and irreplaceable items
- _____
- _____

If I feel confused, depressed, scared, or alone, I can call the following people in my support system:

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____

Safety and My Emotional Health

My partner often makes me feel bad when s/he says or does _____

When s/he does this, I can think of these reasons why I know my s/he is wrong and I am worthy of love

I can remind myself daily of my best qualities including _____

I can do the things that I enjoy or that relax me like _____



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These are some things I can do to help keep myself safe every day:

- I can carry my cell phone and important numbers with me at all times.
- I can keep in touch with someone I trust about where I am or what I am doing.
- I can try to stay around people I trust and public places.
- If I feel comfortable, I will alert EPD about what is happening in my relationship so they can help keep me safe on campus.
- I can avoid places where my partner or his/her friends are likely to be.
- I don't have to wait until an emergency to ask for help. It's okay to plan ahead if I'm concerned.
- If I live alone, I will lock my windows and doors.
- If I am living with my partner, I will try to move to avoid rooms like the kitchen or where weapons are stored during a conflict.
- If I am no longer with my partner and we must speak, I will make sure that others are around in case of danger.
- I can pursue an order of protection to have legal support in keeping my partner away.
- I can remember that his/her behavior is not my fault and that I deserve to be safe and healthy on campus and in my relationships.

These are things I can do to stay safe online and with my cell phone:

- I can set all my online profiles to the maximum privacy settings.
- I can save and track any abusive, threatening, or harassing comments, messages, posts, or texts.
- I can ask my friends and family not to let my partner know where I am or to alert him/her of changes in my contact information.
- I can change all of my passwords and can choose not to give new passwords to anyone.
- I can change or create a voicemail password
- I will not answer calls from unknown, blocked, or private numbers.
- I can see if my phone company can block my partner's phone number from calling or texting my phone.
- I can seek support from the university to end harassing communications that have been coming to me through Learn Link, university email, or university phone systems.

These are things I can do to help keep myself safe in my social life:

- I will ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help.
- If possible, I will go to different places that my partner goes to or knows about. This can include asking friends who are having gatherings if my partner has been invited or asking them not to invite us both.
- No matter where I go, I will be aware of how to leave safely in case of an emergency.
- I will leave if I feel uncomfortable in a situation, as I know I should trust my instincts.
- If I plan on drinking, I will be sure to have a sober driver who is not my partner or numbers for cabs.
- I will spend time with people who make me feel safe, supported, and good about myself.