

Off Campus Safety Planning

YOU ARE NOT ALONE AND WE ARE HERE FOR YOU!

Why do I need a Safety Plan?

Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you, it is important for you to know that the abuse is not your fault. When involved in an abusive relationship, the victim is often made to feel unsafe in a multitude of ways; physically, emotionally, financially, and so on. While there are signs to potentially look out for, it is important to be prepared in an event of needing to leave the relationship or leave where you are living. While making this plan cannot prevent the abuse from happening, it is important to have in place for having a plan for when the abuse occurs.

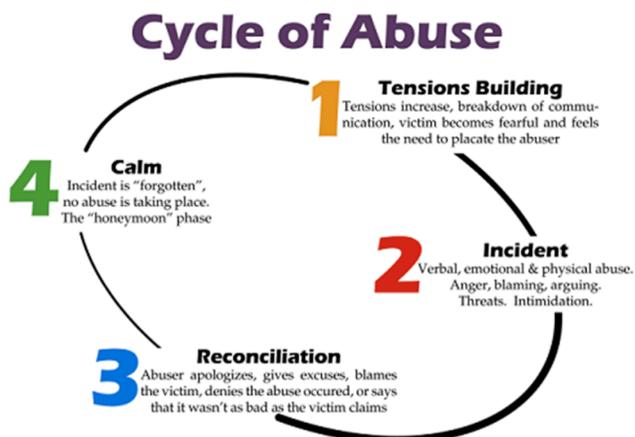
What is a Safety Plan?

A guide that is specific to your life that will assess your current situation and keep you safe. It's planning safe ways for you to navigate campus as well as your living situation. It is also a wealth of resources for phone numbers or places to go in the event of an emergency situation with the abuser should you wish for that help.

Important Reminders When Making a Safety Plan:

Once completed, keep it in a location that is safe but is also easily accessible. Maybe with a friend, in a box with a lock, on your phone, with a family member or in a safe, if you have one. Certain things may not apply to you so it's okay to leave them blank!

The Cycle of Abuse shows the continual pattern of violence that occurs in abusive relationships. Abusive relationships go through stages and the length of time in each stage can vary. It can be very difficult to break the cycle once it begins.



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Adapted fro



BINGHAMTON
UNIVERSITY

Staying Safe on Campus:

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

These are the places on campus that I often run into my abuser: (I will try to avoid those places as much as possible): _____

There may be times where I have no choice but to go to these places. So If I need to go, I will ask _____ to come with me.

(Feel free to list as many people as you would like in the space above)

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

Available resources on campus that I can refer to should I need to a place to emergency stay, report, rearrange my schedule in order to avoid my abuser or just generally stay safe on campus:

University Police: Couper Admin Building. Phone Number: 607-777-2222 (from Cell) or 911 (from campus phones) (24 hours)

Decker Student Health Services: Phone Number: 607-777-2221 (Mon-Fri 8-12, 1-4p.m.)

University Counseling Center: 607-777-2772

Title IX Coordinator: Andrew Baker: 607-777-2486

Dean of Students Office/Interpersonal Violence Program: 607-777-2804

Free Legal Assistance: 607-777-2768 Please refer to Legal Clinic schedule on Binghamton.edu

LGBTQ Center: 607-777-6028

If I am walking around campus and don't feel safe, there are:

Panic Buttons in various offices

Blue Light Phones: Call 911, it connects to University Police

Staying Safe at home:

I can tell these people (apartment mates or close friends) about what is going on in my relationship:

There will be times when my house mate is gone. If I feel unsafe during those times, I can have people stay with me. I will ask _____

The safest way for me to leave my house/apartment in an emergency is: _____

If I have to leave the house/apartment in an emergency, I should try to go to a place that is public, safe, and unknown by my abuser. I could go here: _____

or _____ or _____

I will use a code word to alert my family, friends, and/or house mates, to call for help without my abuser knowing about it. My code word is: _____

(*Please don't forget to tell your family, friends, and/or house mates on the code word asap.)

These are people I can call in an emergency: (A friend, family member, class mate):

Name	Phone Number	Name	Phone Number
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Name	Phone Number	Name	Phone Number
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It's good to have an emergency bag I can take with me if I ever feel unsafe in my living situation and need to leave. These are things I can take with me:

- | | | | |
|---|--|--|-----------------------------------|
| <input type="checkbox"/> Clothes | <input type="checkbox"/> Cash | <input type="checkbox"/> Laptop | <input type="checkbox"/> Keys |
| <input type="checkbox"/> Cell Phone/Charger | <input type="checkbox"/> Medications | <input type="checkbox"/> Valuables | <input type="checkbox"/> Photos |
| <input type="checkbox"/> Birth Certificate | <input type="checkbox"/> Driver's License | <input type="checkbox"/> Social Security Card | <input type="checkbox"/> Passport |
| <input type="checkbox"/> Immigration Papers | <input type="checkbox"/> Restraining Order | <input type="checkbox"/> Other Important Documents | |

Staying Safe Emotionally:

My abuser often makes me feel bad by saying this: _____

When he/she does this, I will think of these reasons why I know my abuser is wrong:

I have coping mechanisms or things I enjoy such as:

I will join clubs, organizations that interest me such as: _____ or

_____ or _____

These are safe places off campus that I can go should I need to flee my residence:

Crime Victims Assistance Center: 607-722-4256

A New Hope Center: 20 Church St. Owego, NY 907-687-6866 or 800-696-7600

Rise (SOS) Shelter and Advocacy Services: 1201 E Main St. Endicott NY 607-754-4340 or 877-754-4340

Should I need any medical attention, I can go to:

Lourdes Hospital: 607-798- 5231

UHS Binghamton General Hospital: 607-762-2231

UHS Wilson Medical Center: 607-763-6611

These are things I can do to stay safe:

These are things I can ask my family and/or friends for help with:

- I will spend time with people who support me and make me feel good about myself
- I will ask my friends to keep their phones on them with me in case we get separated and I need help
- Keep in touch with someone I trust about my whereabouts
- Stay out of isolated places, not go anywhere alone
- I will avoid talking to my abuser. If unavoidable, I will make sure there are people around just in case the situation becomes dangerous

I will take these safety precautions in my living environment:

- I will alert dorm or campus security about what is happening in my relationship so that my abuser is not allowed in my building
- I will keep my doors and windows locked, especially if I am alone

I can take these precautions to defend myself against my abuser:

- I can look into getting a protective order so that I'll have legal support in keeping my abuser away
- I can take a self- defense course

When I go out in public, these are things I can do to avoid my abuser:

- I will avoid places where my abuser or his/her friends/family are likely to be
- I will always find a way to have a safe way to exit somewhere
- I will leave if I ever feel uncomfortable in any situation, regardless of what my friends are doing

If I should be contacted by or run into my abuser, these are things I can do to stay safe:

- I will not communicate with my abuser using any type of technology if unnecessary, since any form of communication can be recorded and possibly used against me in the future.
- I will save and keep track of any abusive, threatening, or harassing comments, e-mail addresses, and/ or cell phone number
- I can block my abuser's phone number from calling my phone
- If I am planning to drink, I will make sure to have a sober ride home, who is not my abuser
- I will call 911 if I feel that my safety is at risk

I can stay safe online by doing the following:

- I will not say or do anything online that I wouldn't in person
- I will set all of my online profiles private as they can be

There are special apps I can use when I go somewhere to help me feel safe:

Safe Trek: Hold button, enter a 4 digit pin, when safe, release button. In danger, don't enter pin, police automatically notified of your location and emergency. Free download, \$2.99/ month subscription

ICE Blackbox: Surveillance Camera on your phone, alert for where you are is sent to your own specified emergency contacts with one touch! Free download.

Watch Over Me: Let app know how long you want it to “watch over you” and it will track your location. If you don't tap “I'm safe” by the time the time runs out, your loved one will be alerted. They will be provided with any photos/videos you've uploaded. Free download.

Aspire News: The front page functions as a regular news app, there's a “Help” section where there is a list of local domestic violence resources as well as a “Go Button” that alerts local authorities. The danger assessment enables the user to answer a series of questions resulting in a score representing the danger from variable to extreme. Free download.

One Love My Plan: Helps a person determine if their relationship is unsafe. Free download.

iMatter: Empowers young people to learn the signs of abusive dating relationship and promote self-esteem. Free download.

Circle of 6: Two taps lets your circle know where you are and how they can help. It's the mobile way to look out for each other on campus or when you're out for the night. Provides direct access to national hotlines and a specialized hotline of your choice, such as LGBTQ, Spanish Language, etc. Free Download.

R3: Stands for recognize, Respond and Refer. It is a tool for users to identify if someone is being abused. Free download.