

Personalized Safety Plan

Step 1: Safety during a Violent Incident:

1. When an argument starts, I can move to a space that has the least risk, such as _____. (Try to avoid the bathroom, garage, kitchen, or rooms without access to an outside door).
2. I can keep my purse and car keys ready and put them _____ so that I can leave quickly if necessary.
3. I can tell my community assistant/roommate/neighbor about the violence and ask them to notify authorities if they see my abuser near my room/apartment/home.
4. I can use _____ as my code word with my friends so they can call for help.
5. If I feel unsafe and want to leave, I can _____. (Discuss how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)
6. If I have to leave my room/apartment/house, I can go _____ or _____ or _____. (Decide this even if you don't think there will be a next time.)
7. I can attend a support group located at a local shelter, talk to an Advocate with the Advocates Program about my options, or discuss my relationship with a counselor from the Health & Counseling Center for emotional support and information.

Step 2: Safety When Preparing to Leave:

** Remember, leaving must be done strategically. The single most dangerous time for a person in a violent relationship is when she or he is in the process of leaving or has already left. On average, a person will leave seven times before ending the relationship. It is okay to go back once you have left – the Advocates Program works to increase your safety, and to support you in making the best decision for you in your situation.*

1. I can leave money and an extra set of keys with _____ so that I can leave quickly if necessary.
2. I can keep copies of important documents or keys and some extra clothes with _____. (Birth certificate, passport, drivers license, car title, bank statements, credit card information, prescriptions for medicines)
3. The crisis number to Renewal House is 379-9845, or 265-2422 if after-hours and to the Sexual Violence Hotline is 244-5466.
4. I can contact St. Lawrence University Safety & Security or the Canton Village Police in case of an emergency.
5. If I need to contact someone and my abuser comes in while I'm on the phone, I can hang up and dial _____ so if he presses redial he cannot discover who I called or why.

Personalized Safety Plan

Step 3: Safety When the Relationship is Over

1. I can change locks, install a security system, change residences, or change schedule of classes. I know that my abuser may be made to change residences to increase my safety.
2. I can inform my professors, my community assistant, and _____ that the relationship is over and that my former partner should not be near my resident, classroom, or work.
3. I can tell _____ at work about my situation and ask them to screen my calls.
4. I may have to avoid stores, banks, and _____ if my former partner knows my pattern.
5. I can get an order of no contact or an order of protection to keep with me at all times.

Step 4: Safety in a Residence Hall

1. If I am still in the relationship and live in a residence hall, I can discuss my concerns with my community assistant, residential coordinator, or _____.
2. If I end the relationship, I can alert my community assistant and _____ on my floor that my former partner poses a threat. If my partner and I live in the same residence hall, I can request a Safe Room until he is moved.
3. I can discuss the threat with Safety & Security, Associate Dean, and/or the Advocates Program Coordinator and decide the safest course of action to protect myself from further abuse.

Items to Take Checklist:

- | | |
|-------------------------|--|
| - SLU ID Card | - Birth Certificates, passports, and green cards |
| - Medical Records | - Money, check books, credit cards |
| - Medications | - Items of sentimental value |
| - Change of Clothes | - Important school paperwork |
| - Social Security Cards | - Keys to residence and car |
| - Laptop and batteries | - Address Book |

Important Phone Numbers:

Friend: _____

Community Assistant: _____

Safety & Security: 229-5555

Police, Emergency: 911

Renewal House: 379-9845

Advocates Program: 229-5122

Sexual Violence Hotline: 244-5466

Police, Non-Emergency: 386-4561