Personalized Safety Plan

tep 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 us 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.	6. If I have to leave my room/apartment/house, I can go or or (Decide this even if you don think there will be a next time.)			
7.	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.			
* Rem violent person – the A	Esafety When Preparing to Leave: ember, leaving must be done strategically. The single most dangerous time for a person in a t relationship is when she or he is in the process of leaving or has already left. On average, a will leave seven times before ending the relationship. It is okay to go back once you have left Advocates Program works to increase your safety, and to support you in making the best on 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.			

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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, owork.			
3.	I can tellcalls.	_ at work about my situation and	ask them to screen my	
4.	I may have to avoid stores, banks pattern.	s, and if m	y former partner knows my	
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 t	to Take Checklist:			
-		- Birth Certificates, passpor	ts, and green cards	
-	Medical Records	- Money, check books, cred		
-	Medications	- Items of sentimental value		
-	Change of Clothes	- Important school paperwo		
-	Social Security Cards Laptop and batteries	Keys to residence and carAddress Book		
Impor	tant Phone Numbers:			
Friend	:	_ Community Assista	nt:	
Safety & Security: 229-5555		Police, Emergency:	Police, Emergency: 911	
Renewal House: 379-9845			Advocates Program: 229-5122	
Sexual Violence Hotline: 244-5466		Police, Non-Emerge	Police, Non-Emergency: 386-4561	

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