

## SAFETY PLANNING

If you are interested in creating a safety plan, Campus Advocate Team can work with you to create a plan that feels most comfortable to you. A safety plan is aimed at increasing safety and reducing risks. Below are some reflection points that might be helpful to you. No matter what, whether you follow a safety plan or not, it is **not your fault** if you experience harm.

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I can talk to the following people if I need campus accommodations like assistance in rearranging my schedule or transferring residence halls in order to avoid my abuser, or if I need help staying safe on campus:

- Campus Advocate Team, 707-445-2881
- Title IX Office, 707-826-5177

### **Staying Safe on Campus:**

The safest way for me to get to class is:

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These are places on campus where I often run into my abuser:

\_\_\_\_\_ and \_\_\_\_\_.

There may be places on campus where it is impossible to avoid my abuser. If I need to go to one of those places I can make sure a friend can go with me. I will

ask \_\_\_\_\_,  
and/or \_\_\_\_\_.

If I feel threatened or unsafe when I am on campus, I can go to these public areas where I feel safe (dining hall, quad, etc.): \_\_\_\_\_ and/or

\_\_\_\_\_.

If I live with or near my abuser, I will have a bag ready with these important items in case I need to leave quickly (check all that apply):

- Cell phone & charger
- Spare money
- Keys
- Driver's license or other forms of ID
- Copy of Restraining Order (if you have one)
- Copy of No-Contact Order (if you have one)
- Toiletries
- Birth certificate, social security card, immigration papers, and other important documents
- Change of clothes
- Medications
- Special photos or other valuable items
- If I have children— anything they may need (important papers, formula, diapers)

- If I have a pet(s)-- anything they may need (registration, vaccination records, medications, crate)
- Other \_\_\_\_\_

**Staying Safe in My Housing/Living Space**

I can tell these people (roommates, friends, If I live on campus: RLCs, or RAs) about what is happening: \_\_\_\_\_,  
\_\_\_\_\_ and \_\_\_\_\_.

There will be times when I am home alone. 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 housing in an emergency is:

\_\_\_\_\_  
If I have to leave my housing in an emergency, I should try to go to a place that is public, safe and unknown by my abuser. I could go here:

\_\_\_\_\_ and/or  
here: \_\_\_\_\_.

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

\_\_\_\_\_  
If I have to leave my housing, but cannot take my pet, I can contact:

\_\_\_\_\_, \_\_\_\_\_, and/or \_\_\_\_\_ for support.

If I feel confused, depressed or scared, I can call the following friends or family members:

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Our campus advocate is available 24hrs in case you'd like to access them for support:  
#: 707-445-2881

During an emergency, I can call the following friends, family members, or residential life staff at any time of day or night:

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Our Campus Advocate Team is available 24hrs in case you'd like to access them for support:  
707-445-2881

**Digital Safety Tips:**

- Change passwords and usernames.

- Check your devices and settings. Make sure there are no apps on your phone that you do not recognize. Turn off your Bluetooth when you are not using it.
- Get a new device (if possible) if you think that your device is being monitored by your abuser.
- Protect your location. Look to see if your location-sharing is turned on in any of your devices. Check to see if there are any location trackers on your vehicle(s).
- Limit the information you give out about yourself and your location on social media.
- Check-in with friends to make sure they are not sharing information that you are not comfortable with.
- Change your social media settings to private.

### **Getting Free and Confidential Support:**

- On-Campus
  - Campus Advocate Team: 707.445.2881 (24/hr hotline)
  - Counseling and Psychological Services: 707.826.3236
- In the Community:
  - Humboldt Domestic Violence Services: 707.443.6042 (24/hr hotline)
  - Two Feathers Native American Family Services: (707) 839-1933
- National Resources:
  - Domestic Violence Online Hotline: [www.thehotline.org](http://www.thehotline.org)
  - Love is Respect Text Hotline: Text loveis to 22522
  - National Dating Abuse Helpline: 1-866-331-9474

### **Additional Safety Plan Resources:**

Safety Planning With Children. National Domestic Violence Hotline

<http://www.thehotline.org/2013/04/safety-planning-with-children/>

Safety planning for immigrant survivors – site includes the legal information for immigrants

[http://new.vawnet.org/Assoc\\_Files\\_VAWnet/safetyplan.pdf](http://new.vawnet.org/Assoc_Files_VAWnet/safetyplan.pdf)

Safety planning with LGBT survivors. Legal Momentum.

<http://www.legalmomentum.org/sites/default/files/reports/lesbian-bisexual-transgen.pdf>

Safety Planning: A Guide for Transgender and Gender Non-Conforming Individuals Who Are Experiencing Intimate Partner Violence, FORGE, Milwaukee, WI: 2012.

[http://www.ncdsv.org/images/FORGE\\_SafetyPlanningGuideForTransgenderAndGenderNon-ConformingIndividualsExperiencingIPV\\_2012.pdf](http://www.ncdsv.org/images/FORGE_SafetyPlanningGuideForTransgenderAndGenderNon-ConformingIndividualsExperiencingIPV_2012.pdf)

Safety Planning with People with Disabilities

<https://www.thehotline.org/is-this-abuse/domestic-violence-disabilities-2/>