

Safety Planning in College

No one deserves to be abused. If you are in an abusive relationship, and would like to leave the abuser, this resource will provide tips and support for keeping you as safe as possible when preparing to leave.

**YOU DESERVE A HEALTHY,
SUPPORTIVE, RESPECTFUL
RELATIONSHIP.**

student
REC 
HEALTH PROMOTION

What Is a Safety Plan?

A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. It includes information specific to you and your life that will help keep you safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible on campus, in the residence halls, and other places that you go on a daily basis.

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. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can't control your partner's abusive behavior, you can take action to keep yourself as safe as possible.

How Do I Make a Safety Plan?

Safety plans are personalized to each individual and each situation. Take some time for yourself to go through each section of this safety plan. You can complete your safety plan on your own, with someone else who you trust, or you can stop by Reeve 102L and Gabby Schwartz, the Sexual and Interpersonal Violence Prevention Coordinator, can assist you.

Staying Safe On and Near Campus:

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

_____.

These are places on, or off, campus where I often run into my abuser: _____
and _____.

I will try to avoid those places as much as possible or try to go when they won't be there.

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: _____

and/or _____.

I could talk to the following people if I need to rearrange my schedule or move residence halls in order to avoid my abuser, or if I need help staying safe on campus:

- University Police
- Community Advisor
- Assistant Residence Hall Director
- Residence Hall Director
- Dean of Students Office
- Sexual and Interpersonal Violence Prevention Coordinator
- Professors: _____

Staying Safe in the Residence Halls:

I can tell these people (roommates, CA's, friends) about what is going on in my relationship: _____
_____ and _____.

There will be times when my roommate is gone. If I feel unsafe during those times, I can have people stay with me, or I can stay with them. I will ask: _____
and _____.

The safest way for me to leave the residence halls in an emergency is: _____
_____.

If I have to leave the residence halls 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 live with or near my abuser, I will have a bag ready with these important items in case I need to leave quickly:

- Keys
- Spare Money
- Change of clothes
- Cell Phone and Charger
- Evidence of abuse, if you have any
- Driver's License or other forms of ID
- Special photos or other valuable items
- Copy of restraining order (if applicable)
- Birth certificate, social security card, immigration papers, or other important documents

Staying Safe Emotionally:

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

When they do this, I will think of these reasons why I know my abuser is wrong: _____

_____.

I will do things I enjoy, like: _____
_____.

I will join clubs or organizations that interest me, like:

and/or _____.

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

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

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:

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Getting Help in Your Community:

Campus Resources

Confidential

- Gabrielle Schwartz.....(920) 424-2024
Sexual & Interpersonal Violence Prevention Coordinator
Reeve 102L
- Campus Victim Advocate.....(920) 424-3127
Student Success Center, Room 231
- Health Promotion & Wellness.....wellness@uwosh.edu
Student Recreation & Wellness Center, Suite 125
- Counseling Center.....(920) 424-2061
Student Success Center, Suite 240
- Student Health Center.....(920) 424-2424
Radford Hall, 1st Floor

Non-Confidential

- Dean of Students Office.....(920) 424-3100
Dempsey 125
- Department of Residence Life.....(920) 424-3212
S. Gruenhagan Hall, 2nd Floor
- University Police Department.....(920) 424-1212
738 High Avenue

Community Resources

- Aurora Health Center Emergency Department
- SANE Services.....(920) 456-7400
- Christine Ann Domestic Abuse Services
- 24-Hour Hotline.....(920) 235-5998
- Mercy Medical Center.....(920) 236-2000
- Neenah Crisis Hotline.....(920) 722-7707
- Oshkosh City Police.....(920) 236-5700
- Oshkosh Crisis Hotline.....(920) 233-7707
- Reach Counseling
- Oshkosh.....(920) 426-1460
- Neenah/Menasha.....(920) 722-8150

These are things I can do everyday to keep myself safe:

- I will remember that the abuse is not my fault and that I deserve a safe and healthy relationship.
- I will call 911 if I feel my safety is at risk.
- If possible, I will alert residence hall staff and university police about what is happening in my relationship so that my abuser is not allowed in my building.
- I will carry my cellphone with me at all times.
- I will ask my friends to keep their cell phones with them in case I need help.
- I will tell someone I trust where I am going or what I am doing.
- I will stay out of isolated places and try to never walk around alone, especially at night.
- I will avoid places where my abuser or their friends and family are likely to be.
- I will keep the doors and windows locked where I live, especially if I am alone.
- I will avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- I will set my online profiles to be as private as they can be.
- I will save and keep track of any abusive, threatening, or harassing comments, posts, or texts.
- I can look into getting a protective order so that I'll have legal support in keeping my abuser away. I can look into taking a self-defense class on campus or in the community.
- I can ask my phone company to block my abuser's phone number from being able to call my phone.
- I will not answer calls from unknown, blocked, or private numbers.
- I will spend time with people who make me feel safe, supported, and good about myself.