



SAFETY PLANNING

FOR LEWIS AND CLARK STUDENTS

WHAT IS A SAFETY PLAN?

A Safety Plan is a personal, practical plan that helps lower your risk of harm in dangerous situations like dating violence, sexual assault, stalking, and online harassment. Every situation is unique but you always have a right to be safe. A Safety Plan will help you prepare for and respond to certain scenarios so that you stay as safe as possible on campus, at home, and in other places you go regularly.

WHY DO I NEED A SAFETY PLAN?

Some of the preparations for a safety plan may seem obvious, but it can be hard to think clearly or make logical decisions during moments of crisis. Having a safety plan laid out in advance can help you protect yourself and others in high-stress situations.

HOW DO I MAKE A SAFETY PLAN?

The following pages provide safety planning checklists and guide you through how to create a safety plan that works best for you. You can complete it on your own or with someone you trust. You can also call the Call to Safety Portland line (503) 235-5333 24/7 to speak with an advocate and create an individualized safety plan.

REMEMBER:

Everyone deserves to be safe and everyone deserves to be in a relationship that is healthy and supportive. No matter who you are, where you are, what you wear, or what you have done in the past, violence committed against you is not your fault.

HELPFUL HINTS:

Once you complete your safety plan, be sure to keep it in an accessible and secure location.

You might also consider giving a copy of your safety plan to someone that you trust.

Getting support from someone who has experience working with college students in abusive relationships can be very useful. See the community resources below to find someone you can reach out to.

If you have questions about dating, a specific relationship, or if you are in an unhealthy relationship, you deserve support and resources to help you with your situation. Listed below are community resources you can reach out to:

**Title IX
Coordinator:
(503) 768-7185**

**Call to Safety
Portland, 24/hr
Crisis Line:
(503) 235-5333**

**L&C Counseling
Services:
503-768-7160**

Lewis & Clark also has a community of Confidential Advocates. Contact information for these advocates can be found here:
<http://go.lclark.edu/CA>

MY SAFETY PLANNING CHECKLISTS:

Things I Can Do to Keep Myself Safe Everyday:

- I will carry my cell phone with saved important telephone numbers with me at all times.
- I will keep in touch with someone I trust about where I am or what I am doing.
- I will stay out of isolated places and try to never walk around alone.
- If I am experiencing abuse in my relationship, I will alert campus safety about what is happening so that the person who hurt me is not allowed in my building.
- I will avoid places where I feel unsafe.
- I will keep the doors and windows locked where I live, especially if I am alone.
- I will call 911 if I feel my safety is at risk.

Things I Can Do to Stay Safe Online & with my Cell Phone:

- I will not say or do anything online that I wouldn't in person.
- I will set all 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 will never give my password to anyone.
- If I am subject to abuse and harassment that does not stop, I will change my usernames, email addresses, and/or cell phone number.
- I will not answer calls from unknown, blocked, or private numbers. I will also block the numbers of abusive callers.
- If I have been subject to abuse, I will not communicate with the person who hurt me using any type of technology if unnecessary, since any form of communication can be recorded and possibly used against me in the future.

Things I Can Do to Keep Myself Safe in my Social Life:

- I will ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help.
- I will avoid going out alone, especially at night.
- No matter where I go, I will be aware of how to leave safely in case of an emergency.
- I will leave if I feel uncomfortable in a situation, no matter what my friends are doing.
- If I plan on drinking, I will be sure to have a sober driver who I trust or take an Uber/Lyft.
- I will spend time with people who make me feel safe, supported, and good about myself.

How to Stay Safe at a College Party or Bar:

REMEMBER: NO MATTER WHAT YOU CAN OR CANNOT DO TO PREVENT YOURSELF FROM HARM, IT IS NEVER YOUR FAULT

- I will take some time to eat some food and drink water before going out.
- I will use the buddy system by sticking together with my friends so that no one gets left behind and everyone has a safe way home.
- I will keep my phone fully charged.
- I will make sure I add the Campus Safety phone number (503-768-7777) to my phonebook.
- I will not leave my drinks unattended and I will make sure I keep my drink close at hand to avoid someone slipping a foreign substance into it.
- Also, I will not accept a drink from anyone I do not trust, especially if it is an open container.
- If I have trouble saying no when someone offers me a drink, I will consider bringing my own drink to the party.
- I will make sure to bring my ID, phone, keys, and any cash or credit cards that will fit snugly in a pocket or bag that I keep on hand.
- I will make sure I know my limits before I go out. It's essential to know how many drinks are too many so I can avoid putting myself in an unsafe situation.
- If I am going to an unfamiliar area, I will take time to check it out before I go. I will look for various routes to get to the destination and make sure I know how to get back home.
- **A good way to stay safe is to stop and think about what I am doing or what I am being asked to do, and make sure that those actions align with my core values. If not, I will not be persuaded by others. I will not be afraid to firmly say no if something is making me feel uncomfortable.**
- Additionally, if I feel safe doing so, I will speak out if I witness suspicious behavior or a concerning situation at a party.
- I will not walk by myself in the dark. If I have to, it's a good idea to try and stay on familiar, well-traveled streets.
- I will make it a habit to leave a party with the same people I arrived with—this ensures that no one gets left behind. And if I do leave with someone else, I will make sure to tell all my friends what I am up to.
- If I get separated from my friends and can't contact them, I will leave them a message and then call for an Uber or Lyft ride home. I will also make sure to send a text message to my friends or a family member so that they know that I safely got in the Uber/Lyft and let them know when I am safely home.

This safety plan was adapted from: <https://www.bestcolleges.com/blog/college-party-safety/>

These are the people I can reach out to if I need help rearranging my schedule, moving residence halls, or if I need help staying safe on campus:

- Campus Safety
- Resident Advisor
- Professors:

- _____
- _____
- Dean of Students
- Title IX Coordinator
- Counseling Center
- Others:

- _____
- _____

If I live with or near the person who hurt me I will have a bag with these important items in case I need to leave quickly:

- cell phone and charger
- spare money & account #'s
- keys
- driver's license or other forms of identification
- copy of restraining order
- other important documents like SS card or birth certificate
- medications
- change of clothes
- toiletries
- computer/tablet
- if I have children, anything they may need (important papers, formula, diapers)

Every situation is unique and it may be dangerous for you to pack and store important items in a safe location. We encourage you to trust yourself to know what is safest to bring with you.

Emergency Numbers

- Police Emergency: 911
- Portland Non-Emergency Police: (503) 823-3333
- Campus Safety, available 24/7: (503) 768-7777
- Call to Safety Portland: (503) 235-5333
- National Domestic Violence Hotline: 1(800) 799-7233

MY SAFETY PLAN:

Safety on Campus:

The safest way for me to get to class is:

I run into the person who hurt me on campus most often at: _____, _____, and _____.

I will try to avoid those places as often as possible or try to go when the person who hurt me won't be there.

There may be places on campus where it is impossible to avoid the person who hurt me. If I need to go to one of those places I will 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, library, etc.):

_____, _____,
or _____.

Safety in the Residence Halls or in an Off-Campus Apartment:

I can tell these people (roommates, neighbors, RAs) 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. I will ask _____,

_____, and/or
_____.

The safest way for me to leave my residence hall or apartment in an emergency is:

_____.

If I have to leave the residence hall or my apartment in an emergency, I should try to go to a place that is public, safe, and unknown by the person who hurt me. I can go here

_____,
_____, and/or
_____.

I will use a code word so I can alert my family, friends, roommates and/or neighbors to call for help without the person who hurt me knowing about it.

My code word is _____.

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

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

During an emergency, I can call the following friends, family members, or L&C staff at any time day or night:

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____