

A GUIDE TO SAFETY PLANNING

For Spelman College Students



So, what is a Safety Plan?

A safety plan is a guide that helps you lower your risk of being hurt in a dangerous situation such as dating violence, domestic violence, stalking, and sexual assault. It includes information specific to you and your life that will help keep you safe. A good safety plan helps you to think through lifestyle changes that will help keep you as safe as possible on campus, in residence halls or apartments, and other places that you go to regularly.

Keep in Mind. In order for this safety plan to work for you, you'll need to fill in personalized answers, so you can use the information when you most need it. Once you complete it, be sure to keep it in an accessible but secure place. Maybe consider giving a copy to a trusted friend. Getting support from from the National Domestic Violence Hotline, or from someone in the Title IX & Compliance Office, can be helpful as well.

Please note, students can seek this type of support without filing a formal complaint.***

**TITLE IX & COMPLIANCE
OFFICE:
404-270-4005**

**SPELMAN
PUBLIC SAFETY:
404-525-6401**

**COUNSELING CENTER:
404-270-5293**

A MESSAGE FROM SPELMAN

Spelman College (the "College") is committed to providing a safe and nondiscriminatory environment for all members of its community. Process and procedures the College follows after receiving a report alleging a violation by Spelman Faculty, Staff, or student can be found @ www.spelman.edu/title-ix.

All reports will be handled in a prompt, fair, and impartial manner in accordance with Title IX of the Education Amendments Act of 1972 and related guidance, the Violence Against Women Reauthorization Act of 2013, other relevant laws and regulations, and applicable College policies.



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 are community resources you can speak with regarding safety.

Spelman Public Safety: 404-525-6401

**LiveSafe Resources 24 Hour Crisis Hotline:
770-427-3390**

**Partnership Against Domestic Violence:
404-873-1766**

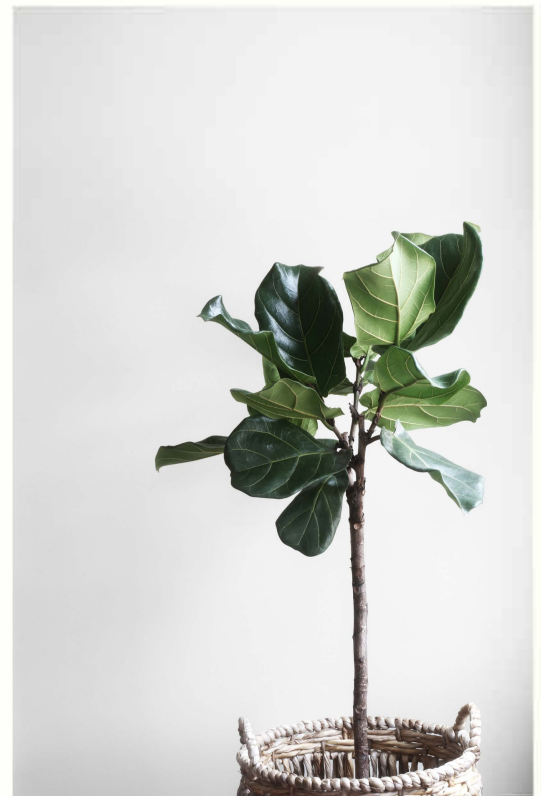
Grady Rape Crisis Center: 404-616-4861

**Women's Resource Center to Ending
Domestic Violence: 404-688-9436**

Why Do I Need a Safety Plan? How Do I Make One?

Everyone deserves to be in 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 no one deserves to be abused. It's also important for you to start thinking of ways to keep yourself safe from abuse, whether you decide to end the relationship or not. While you cannot control a partner's abusive behavior, you can take action steps to keep yourself safe as possible.

The following pages will guide you through what safety looks like for you. Take some time for yourself to go through each section of this safety plan. You can complete it on your own, or you can work through it with someone you trust.



My Safety Plan

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

- Dean of Undergraduate Studies:
- Resident Director:
- Property Manager:
- Title IX & Compliance Office:
- Professors:

- Public Safety
- Dean of Students
- Student Health Center
- Counseling Center
- Other:

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:

- Cell phone & charger
- Spare money
- Keys
- Driver's License or other form of ID
- Copy of protective order (TPO)
- Birth Certificate, Social Security Card, Immigration Papers and other important documents
- Medications
- Change of clothes
- Personal/Valuable items
- If I have children - anything they may need.

Staying Safe on Campus:

The safest way for me to get to class is:

These are places on 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 s/he 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 these 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 (Manley, Camille Cosby, etc.):

Staying Safe in the Residence Halls/Apartments:

I can tell these people (hall mates, room mates, neighbors, or RA's) about what is going on in my relationship: _____, _____ and _____.

There will be times when my room mate is gone. If I feel unsafe during these times, I can have people stay with me. I will ask:

The safest way to leave my residence hall/apartment in an emergency is:

If I have to leave the residence hall/apartment in an emergency, I should try to go to a place that are public, safe, and unknown by my abuser. I could go to the following places:

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

My Safety Plan

Staying Emotionally Safe:

My abuser often makes me feel bad by saying this:

_____.
When s/he does this, I will think of these reasons why I know my abuser is wrong: _____,

_____, and _____.

I will do things I enjoy, like _____,

_____, and/or _____.

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

_____.

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

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Getting Help in Your Community:

For emergencies: 911
Spelman Public Safety
Phone #: 404-525-6401
Location: On the ground level of the West Campus Parking Deck.

Morehouse Campus Safety: 404-215-2666

Clark Atlanta Public Safety: 404-880-8911/non emergency 404-880-8623

Title IX & Compliance Office
Phone #: 404-270-4005
Location: Milligan, Suite 2305

Counseling Services
Phone #: 404-270-5293
Location: MacVicar Hall

Student Health Services
Phone #: 404-270-5249
Location: MacVicar Hall

Student Access Services
Phone #: 404-270-5293
Location: MacVicar Hall

Georgia Crisis & Access Line: 1-800-715-4225

Georgia Domestic Violence Hotline: 1-800-334-2836

National Sexual Assault Hotline: 800-656-4673

National Domestic Violence Hotline: 1-800-799-7233

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

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____

HAVE QUESTIONS ABOUT YOUR RIGHTS?

The Atlanta Volunteer Lawyers Foundation (AVLF) provides consultation services and direct legal representation for survivors of intimate partner abuse through the Safe Families Office. Each consultation includes discussion of legal options, safety planning advice, referrals to other appropriate assistance, and focuses on respecting the survivor's opinions and goals. Learn more about AVLF and the Safe Families Office [here!](#)

My Safety Plan

Please remember: **You are not responsible for being abused or harassed under any circumstance.** Listed are suggestions to help you think about safety.

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

- I will carry my cell phone and important numbers with me at all times.
- I will keep in touch with someone I trust about where I am and what I am doing.
- I will stay out of isolated places and try not walking alone.
- If possible, I will alert residence hall, off campus apartments, or on campus security about what is happening in my relationship so that my abuser is not allowed in my building.
- I will avoid places where my abuser or their friends or family are likely to be.
- 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 call 911 or Public Safety if I feel my safety is at risk.
- I can look into getting a protective order so that I'll have legal support in keeping my abuser away.

These are things I can do to help 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.
- If possible, I will go to different social settings and environments than the ones my abuser knows about.
- No matter where I go, I will be aware of how to leave safely in case of an emergency.
- If I plan on drinking, I will be sure to have a designated driver who is sober and not my abuser.
- I will spend time with people who make me feel safe, supported, and good about myself.
- I will call 911 or Public Safety if I feel my safety is at risk.
- I can look into getting a protective order so that I'll have legal support in keeping my abuser away.

These are things I can do to stay safe online, and with my cell phone:

- I will not say or do anything online that I wouldn't do in person.
- 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 will never give my passwords to anyone.
- If the abuse and harassment 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 can see if my phone company can block my abuser's phone number from calling my phone.
- I will not communicate with my abuser using any type of technology if unnecessary, since any form of communication can be recorded and possibly used against me in the future.

These are things I can do to help keep myself safe while studying abroad:

- Use the buddy system and travel with friends.
- Be aware of social and cultural norms. For example, looking at someone in the eyes when you speak to them is perfectly normal in the U.S., but in another country that could signify you're interested in the person.
- Avoid secluded places where you could be more vulnerable. Meet new people in public spaces and let a trusted friend know where you'll be beforehand. Always have a backup plan in mind.
- Trust your gut. Many victims have a "bad feeling" right before an assault takes place. It's okay to leave a situation that is making you feel uncomfortable. Stay alert and aware in new social settings and places.
- ***This section was adapted from Pathways to Safety International Know Before You Go Guide (pathwaystosafety.org).***