

A GUIDE TO SAFETY PLANNING

For Rhodes College Students



What is Safety Planning?

A safety plan is a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you are in danger. Safety planning can help if you are or have experienced sexual violence, dating violence, or stalking. Some of the things in your safety plan may seem obvious but it is important to remember that in moments of crisis your brain does not function the same way as when you are calm. Having a safety plan laid out in advance can help you to protect yourself. It includes information specific to you and your life.

Keep in Mind. Filling out a safety plan will not ensure your safety, but is designed to have you think about ways to keep yourself safer. 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.

Your safety is the most important priority at all times.

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RHODES RESOURCES

CONFIDENTIAL

Counseling Center

901-843-3128

24/7/365: 833-434-1217

Chaplain Beatrix

901-843-3822

Health Services

901-843-3895

MANDATORY REPORTERS

Title IX Office

901-843-3354

Campus Safety

901-843-3880

Office of Violence Prevention

901-843-3124



Rhodes College
OFFICE OF
VIOLENCE PREVENTION

Rhodes College is committed to ensuring the safety and dignity of each and every member of the Rhodes community. The Rhodes College Sex/Gender Discrimination and Sexual Misconduct Policy applies to all members of the Rhodes community. The policy was developed to reaffirm Rhodes College's institutional values, define campus community expectations, and to provide for prompt, fair, and equitable procedures for determining if this policy has been violated. For more information, visit <https://sites.rhodes.edu/titlenine>.

WHY DO I NEED A SAFETY PLAN?

Everyone deserves to feel healthy, safe and supported. A safety plan 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. This guide is designed to cover a wide range, not all questions may be applicable to you.

HOW DO I MAKE A SAFETY PLAN?

Take some time for yourself to go through each section of this safety plan. You can complete this guide on your own, or you can work through it with someone else that you trust.

WHERE CAN I FIND OUT MORE INFORMATION?

Through the safety planning process, you may realize that you have questions about what you are experiencing. The Office of Violence Prevention can answer general questions about relationships, resources and reporting options. **Confidential support can also be accessed through the Counseling Center, Health Services, and the Chaplain's Office.**

YOU ARE NOT ALONE.

WHAT HAPPENED TO YOU IS NOT YOUR FAULT.

SOME GENERAL POINTS:

- Become familiar with safe places
- Keep computer safety in mind
- Lean on a support network
- Document what is happening
- If you experience dating violence:
 - It can be extremely dangerous to leave - make a plan when leaving
 - Tell someone your plans if you are leaving a dangerous situation
- If you are being stalked:
 - Document each time there is contact
 - Tell someone you trust about the situation
- If you have been sexual assaulted:
 - Your clothes and other belongings may be kept as evidence



Check out Rhodes_ViolencePrevention on Instagram for more information.

Safety considerations after a sexual assault:

- **Get to a safe place.**
- **Preserve evidence if possible.**
 - If possible do not shower, wash, pee, wipe, change clothes, eat, drink, or brush your teeth before a sexual assault exam.
 - If you have already changed clothes, collect them in a paper bag.
 - As hard as it may be not to clean up, you may destroy important evidence if you do. If you have bathed or cleaned up, do not worry, you have not made a mistake.
- **Seek medical care as soon as possible.**
 - Getting medical care right away means that you will have the widest range of options for preventing infection and pregnancy.
 - Specially trained nurses are able to provide care for victims of sexual violence at the Shelby County Crime Victims & Rape Crisis Center.
- **Contact someone who can provide support.**
 - Call a friend or supportive family member.
 - Call a free, confidential resource: The Counseling Center offers 24 hour support. SCCVRCC also provides 24 hour support. Please note that MPD is required to be notified to start a sexual assault examination kit, but the decision to report to law enforcement is up to you.
- **Consider filing a protective order.**
 - Bring copies of the protection order and, if possible, a photo of the perpetrator, to Campus Safety.
- **Seek Safety Measures.** Campus Safety can provide an escort to class or your car at (901) 843-3880.
- **Consider filing a report with the Title IX Office.**

If I need to rearrange my schedule or transfer my dorm room I should talk to the Title IX

Coordinator. I can also talk to the following people, but they will need to contact the Title IX Coordinator.

- Campus Safety
- Office of Violence Prevention
- RAs or Residence Life Staff
- Any faculty or staff not considered confidential

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

Staying Safe on Campus:

The safest way for me to get to class is:

_____.

These are places on campus where I could potentially run into the person who I feel threatened by: _____

_____.

I will try to avoid these 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 the person who has harmed me. 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 (the Rat, a friend's room, the library etc.) _____, _____, and/or _____.

Staying Safe in the Residence Halls/Apartments:

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

There will be times when my roommate 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 is public, safe, and unknown by the person who has hurt me. I could go to the following places:

_____.

I will use a code word so I can alert my family, friends, roommates, and/or hall mates to call for help without the person who has abused me knowing about it. My code word is:

_____.

Staying Technologically Safe:

Questions to consider:

- Does the person who hurt you know your phone number or email address?
- Have you reviewed privacy settings on your social media accounts?

Does the person who hurt you know ANY of your passwords? (ex: Rhodes login, Instagram and other social media, banking information) I need to change the following passwords:

_____.

The social media accounts I have are:

_____.

If contact or harassment occurs online or through technology (ex: text messages), I will take screen shots and save them in a folder named:

_____.

Staying Safe Emotionally:

The person who has hurt me makes me feel bad by saying/doing this:

_____.

When they do this, I will think of these reasons why I know they are wrong:

_____.

I will do things I enjoy, like:

_____.

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

_____.

Check out <https://www.rainn.org/articles/self-care-after-trauma> and <https://www.thehotline.org/resources/the-importance-of-self-care/> for more information on self-care.

If I feel confused, depressed or scared, I can call the following friends, family members or Rhodes Staff.

Name: _____

Phone Number: _____

Name: _____

Phone Number: _____

During an emergency I can call the following friends, family members or Rhodes staff.

Name: _____

Phone Number: _____

Name: _____

Phone Number: _____

Self-Care

Taking care of yourself is an important part of recovery.

Physical Self-Care Tips

After trauma, it is important to keep your body healthy and strong. Think about a time when you felt physically healthy, consider:

- How were you sleeping?
- What types of exercise did you enjoy?
- What types of food were you eating?
- Did you perform certain routines?

Emotional Self-Care Tips

Thinking about a time when you felt balanced and grounded, consider:

- What fun activities did you enjoy?
- Did you journal your ideas?
- Did you meditate or do other relaxation activities?
- Were there inspiring words that you were reading?

Reminder: YOU are not responsible for being harmed 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 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 not to walk around alone.
- If possible, I will alert dorm or campus security about what is happening in my life.
- I will keep the doors and windows locked where I live, especially if I am alone.
- I will add campus safety phone numbers in my phone (Emergency Line 901-843-3333; non-emergency line 901-843-3880).
- I will call 911 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.
- I will remember that what has and is happening to me is not my fault and that I deserve to be safe and healthy.

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.
- If possible, I will pick places to go that I feel safe at (malls, bars, banks, parties, grocery stores, movie theaters, dining halls, etc.).
- 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 talk with my friends about a plan to support each other in a situation where any of us feel unsafe. One way is to use the buddy system
- 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 is not my abusive partner.
- I will spend time with people who make me feel safe, supported and good about myself.

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 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 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.

No matter what you are experiencing, there is help out there for you. This page contains a list of local and national resources that can provide help and support for you.

Community Resources

Shelby County Crime Victims and Rape Crisis Center

(901) 222-3950 for immediate help (M-F 8am – 6pm)
24-hour sexual assault hotline
(901) 222-4350

Family Safety Center

(901) 222-4400

Love Doesn't Hurt (Supports LGBT+ victims and survivors)

www.lovedoesnthurt901.com
(901)-213-7661

Out Memphis

(901) 278-6422

Casa Luz (Serves Hispanic/Latinx victims of violence crimes)

<https://casaluzmemphis.org/>
info@casaluzmemphis.org (901) 500-8214

Tennessee Coalition to End Domestic and Sexual Violence

(800) 289-9018

Rhodes Resources

Confidential

Speaking to individuals at these locations will not start a Title IX investigation.

Counseling Center

(901) 843-3128

Health Services

(901) 843-3895

Chaplain Beatrix Weil

(901) 843-3822

Non-Confidential

Speaking to individuals at these locations will result in a Title IX report.

Campus Safety

Emergency (901) 843-3333

Non-Emergency (901) 843-3880

Title IX Office

(901) 843-3354

Office of Violence Prevention

(901) 843-3124

National Resources

National Domestic Violence Hotline

1-800-799-SAFE (7233)

The Trevor Project

1-866-488-7386

OneLove Foundation

<https://www.joinonelove.org/>

Love is Respect

1-866-331-9474 or 1-866-331-8453

or text "loveis" to 22522

Rape, Abuse and Incest National Network

Assault Hotline

1-800-656-HOPE

National Center for Victims of Crime, Stalking Resource Center

www.victimsofcrime.org/stalking-resource-center

You are not alone.

