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.
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.

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:
__________________________________________________________________________  
__________________________________________________________________________  
__________________________________________________________________________.

If I feel confused, depressed or scared, I can call the following friends, family members or Rhodes Staff.
Name: __________________________
Phone Number: ______________
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 on in an 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.

This guide was adapted from the Love is Respect Safety Planning Guide.
Use this page to document any incidents or evidence that you have. This log may be especially helpful in incidents of stalking.

**Important note:** Since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, do not include any information in the log that you do not want the stalker to see.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Description of Incident (physical location, technology used, etc)</th>
<th>Witness Names</th>
<th>Evidence Attached (photos, videos, screen shots, items, etc)</th>
<th>Report Made To (name, office/org)</th>
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Notes:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
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  
1-800-656-4HOPE

National Center for Victims of Crime, Stalking Resource Center  
www.victimsofcrime.org/stalking-resource-center

You are not alone.