

**A GUIDE TO**  
**SAFETY**  
**PLANNING**

**Norse Violence Prevention Center**



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## **NORSE VIOLENCE PREVENTION CENTER**

The Norse Violence Prevention (NVP) Center provides confidential advocacy and assistance to university students who are affected by sexual assault, and intimate partner violence and stalking. The NVP center strives to assist survivors identify which choices make the most sense for them. Some of the safety planning measures the NVP Center can help you with include:

- Safety when you're preparing to leave
- Safety during an explosive incident
- Safety with a protective order
- Safety on the job and in public
- Safety in your own residence
- Others, based on situation

To schedule an appointment, please call the Norse Violence Prevention Center at (859) 572-5865 or stop by the center on the third floor of the Student Union, Room 304. For more information about the NVP Center, please visit: [nvp.nku.edu](http://nvp.nku.edu) or e-mail [nvp@nku.edu](mailto:nvp@nku.edu).

### **WHY DO I NEED A SAFETY PLAN?**

Everyone deserves relationships that are 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 the other person's abusive behavior, you can take action to keep yourself as safe as possible.

Leaving can be one of the most dangerous times in an abusive relationship, and there are countless reasons that victims are unable to leave. Staying safe requires a unique approach. For some victims taking legal action against their abusive partners is a part of their safety plan, and for some it is not.

### **WHAT IS A SAFETY PLAN?**

A safety plan is a personalized, practical plan that helps lower your risk of being hurt by your abuser. It includes ways to keep safe while in a relationship, how to safely leave a relationship and how to stay safe once you've left. Safety planning involves learning how to cope with emotions, telling friends and family about the abuse, taking legal action and more. A good safety plan will include making sure you have all of the vital information you need to stay safe whether you are leaving your relationship or not and it will be tailored to your unique situation.

### ***SAFETY PLANNING IS AN ONGOING PROCESS AND ADVOCATES AT THE NVP CENTER ARE HERE TO HELP.***

### **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 on your own, or you can work through it with someone else that you trust.

*Adapted from NCDVS.org, Norse Violence Prevention Center, Rev. 9.19.15*

**ANSWERING THE FOLLOWING QUESTIONS WILL HELP CREATE YOUR OWN SAFETY PLAN:**

1. What situations are you most afraid of? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What kinds of things have you thought of that may help you with these things you fear the most?  
\_\_\_\_\_  
\_\_\_\_\_
3. What kinds of things have you tried to protect yourself in the past? Which of these things have worked and which would you use again? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What types of arrangements can you make to improve your safety at work or school? (change your routes, screen your calls, change arrival and departure times, safety while traveling, etc.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. What kinds of things can you do to improve your safety in your home? (change locks, buy safety devices, inform neighbors and landlord to call the police if they hear a disturbance, purchase a cell phone, etc.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Does the abuser have access to your phone, address, email or other ways to contact you? Can/ should these be changed? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Are there other people or pets whose safety you are also concerned about as a result of this situation? (roommate, dating partner, coworker, etc.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. What kinds of legal resources in your community are available to you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## STAYING SAFE ON CAMPUS OR AT WORK

The safest way for me to get to class/work is: \_\_\_\_\_  
\_\_\_\_\_

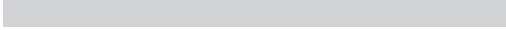
These are campus/work places where I often run into my abuser: \_\_\_\_\_  
\_\_\_\_\_

There may be place 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 \_\_\_\_\_  
or \_\_\_\_\_ .

I can ask \_\_\_\_\_  
to help screen my calls.

If I feel threatened or unsafe, I can go to these public areas where I feel safe (NVP, Student Union, classroom, etc.): \_\_\_\_\_  
\_\_\_\_\_

If a problem arises on my away home from work I can: \_\_\_\_\_  
\_\_\_\_\_



## STAYING SAFE IN MY HOME

I can tell these people (roommates, neighbors, and friends) about what is going on: \_\_\_\_\_  
\_\_\_\_\_

There will be times when I am home alone. If I feel unsafe during those times, I can have people stay with me.

I will ask \_\_\_\_\_ .

The safest way for me to leave my home in an emergency is: \_\_\_\_\_  
\_\_\_\_\_

If I have to leave home in an emergency. I should try to go to a place that is public, safe and unknown by my abuser. I could go: \_\_\_\_\_  
\_\_\_\_\_

I will use a code word so I can alert my family, friends, roommates and/or neighbors to call for help without my abuser knowing about it. My code word is: \_\_\_\_\_ .

I will keep a spare set of keys here: \_\_\_\_\_ .

## I COULD TALK TO

the following people if I need to rearrange my schedule in order to avoid my abuser; or if I need help staying safe on campus or at work:

Supervisors  
\_\_\_\_\_  
\_\_\_\_\_

Campus Police  
\_\_\_\_\_  
\_\_\_\_\_

Work place security  
\_\_\_\_\_  
\_\_\_\_\_

NVP Center  
\_\_\_\_\_  
\_\_\_\_\_

Counselor  
\_\_\_\_\_  
\_\_\_\_\_

Other  
\_\_\_\_\_  
\_\_\_\_\_

## STAYING SAFE EMOTIONALLY:

My abuser often makes me feel bad by saying this:

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

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I will do things I enjoy, like:

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

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If I feel down and ready to return to a potentially abusive situation, I can:

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I can read \_\_\_\_\_  
to help me feel stronger and more supported.

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## GETTING HELP IN THE COMMUNITY:

**FOR EMERGENCIES CALL 911 and give your location**

CAMPUS POLICE STATION:

(859) 572-7777

415 Old John's Hill Road

Highland Heights, Kentucky 41099

NORSE VIOLENCE PREVENTION CENTER:

(859) 572-5865

Student Union, Room 304, Third floor

OTHER:

PHONE: \_\_\_\_\_

LOCATION: \_\_\_\_\_

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## FOR IMMEDIATE SUPPORT, IF I FEEL DEPRESSED, CONFUSED OR SCARED,

I can call the following friends or family members at any time of day or night:

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

Hotlines that help:

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Websites with helpful and supportive info:

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## THESE ARE THINGS I CAN DO TO HELP KEEP MYSELF

### **SAFE EVERYDAY:**

- Carry my cell phone and important telephone numbers with me at all times.
- Keep in touch with someone I trust about where I am or what I am doing.
- Stay out of isolated places.
- Alert work or campus security about what is happening so that my abuser is not allowed in my building.
- Avoid places where my abuser or his/her friends and family are likely to be.
- Keep the doors and windows locked where I live, especially if I am alone.
- Avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- Call 911 if I feel my safety is at risk.
- Remember that the abuse is not my fault and that I deserve a safe and healthy life.

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## THESE ARE THINGS I CAN DO TO HELP KEEP MYSELF

### **SAFE IN MY SOCIAL LIFE:**

- 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, go to different malls, bars, banks, parties, grocery stores, movie theaters, restaurants, etc. than the ones my abuser goes to or knows about.
- No matter where I go, I will be aware of how to leave safely in case of an emergency.
- 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 friend to help in a volatile situation.
- 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:**

- Keep my cell phone charged and program in important numbers.
  - I will not say or do anything online that I wouldn't in person.
  - Set all my online profiles to be as private as they can be.
  - Save any abusive, threatening or harassing comments, posts, or texts.
  - Never give my password to anyone.
  - If the abuse and harassment does not stop, change my usernames, email addresses, and/or cell phone number.
  - I will not answer calls from unknown, blocked or private numbers.
  - 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, even responding to messages, texts or emails can lead to more problems.
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SPECIFIC SAFETY CONCERN I HAVE:

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POSSIBLE WAY TO HANDLE IT:

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POSSIBLE RESOURCE TO HELP:

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SPECIFIC SAFETY CONCERN I HAVE:

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POSSIBLE WAY TO HANDLE IT:

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POSSIBLE RESOURCE TO HELP:

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SPECIFIC SAFETY CONCERN I HAVE:

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POSSIBLE WAY TO HANDLE IT:

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POSSIBLE RESOURCE TO HELP:

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## RESOURCES

### **NORSE VIOLENCE PREVENTION CENTER**

Student Union, room 304

**PHONE** 859-572-5685

**E-MAIL** [nvp@nku.edu](mailto:nvp@nku.edu)

**WEBSITE** [nvp.nku.edu](http://nvp.nku.edu)

### **HEALTH, COUNSELING AND STUDENT WELLNESS**

University Center, room 440

**PHONE** 859-572-5650

**E-MAIL** [hcswnku.edu](mailto:hcswnku.edu)

**WEBSITE** [hcswnku.edu](http://hcswnku.edu)

### **UNIVERSITY POLICE**

EMERGENCY CONTACT – 859-572-7777

Non-Emergency Contact – 859-572-5500

**WEBSITE** [police.nku.edu](http://police.nku.edu)

### **OFFICE OF STUDENT CONDUCT, RIGHTS AND ADVOCACY**

Student Union, room 301

**PHONE** 859-572-5147

**E-MAIL** [jamesa3@nku.edu](mailto:jamesa3@nku.edu)

**WEBSITE** [scra.nku.edu](http://scra.nku.edu)

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## COMMUNITY

### RESOURCES

#### **WOMEN'S CRISIS CENTER - NORTHERN KY**

24 Hour Crisis Line – 1.800.938.3335 or 859.491.3335

**WEBSITE** <http://www.wccky.org/index.php>

#### **WOMEN HELPING WOMEN - CINCINNATI OH**

24 Hour Crisis Line - 513.381.5610

**WEBSITE** <http://www.womenhelpingwomen.org/>

#### **INDIANA COALITION AGAINST DOMESTIC VIOLENCE - INDIANA**

24 Hour Crisis Line – 1.800.332.7385

**WEBSITE** <http://www.icadvinc.org/>

#### **BUCKEYE REGION ANTI-VIOLENCE ORGANIZATION (BRAVO) - CINCINNATI CHAPTER**

**PHONE** 513-453-4001

**WEBSITE** [www.bravo-ohio.org](http://www.bravo-ohio.org)

#### **YWCA**

**PHONE** 513-241-7090

**WEBSITE** [www.ywcacincinnati.org](http://www.ywcacincinnati.org)

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Student Union, Room 304

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