

**UPDATED  
2021**

# **SAFETY PLANNING FOR ARCADIA UNIVERSITY COLLEGE STUDENTS**

*Adapted from "A College Student's Guide to Safety Planning" from [www.loveisrespect.org](http://www.loveisrespect.org)*



**FOR ASSISTANCE COMPLETING  
THIS WORKSHEET CONTACT ONE  
OF THESE CONFIDENTIAL  
RESOURCES**

*Victim Services Center of Montgomery  
County  
Sexual Abuse & Rape Crisis Center  
1-888-521-0938*

*Laurel House  
Domestic Violence Agency  
1-800-642-3150*

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

A safety plan is a practical guide that helps lowering your risk of being hurt by an abusive partner or other person. It is a highly personalized document with information about your life that will help keep you safe. A good safety plan will help you think through lifestyle and habit changes that will help keep you as safe as possible both on and off campus.

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

Everyone deserves to feel safe in their relationships and daily life. If someone is hurting you, even if you're in a relationship with them, it is important to know that it isn't your fault. It is also important for you to start thinking of ways to keep yourself as safe as possible, whether you decide to end the relationship or not. While you cannot control anyone else's abusive behavior, you can take steps to keep yourself as safe as possible.

## **HOW TO COMPLETE THIS SAFETY PLAN GUIDE**

Take some time to go through each section of the safety plan. You can complete this guide on your own, with someone you trust, or with help from a professional advocate from Victim Services Center of Montgomery County, Laurel House, both of which are confidential and will not report any of your information to the University or with help from another local organization.

### **Keep in mind...**

In order for this safety plan to work, you'll need to fill it in with personalized answers so you will have the relevant information for when you need it most.

Once you complete your safety plan, be sure to keep it an accessible, but secure location such as in your car or in your password protected Google Drive. You might also consider giving a copy or digital access to someone you trust.

Getting support from someone who has experience working with college students who have experienced sexual, dating or other gender-based violence can be very helpful.

# STAYING SAFE ON CAMPUS



The safest way for me to get to class is

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The place where I most often run into my abuser/stalker/assaulter is

-----  
and -----

I will try to avoid those places as much as possible or try to go when he/she/they won't be there.

There may be places on campus where it is impossible to avoid my abuser/stalker/assaulter. If I need to go to those places, I can bring a friend with me. I can ask \_\_\_\_\_ or \_\_\_\_\_ to go with me.

If I feel threatened or unsafe while I'm on campus, I can go to these public areas where I feel safe (dining hall, Haber Green, etc.)

1. -----  
2. -----  
3. -----

If I need to rearrange my schedule or my residence Hall in order to avoid my abuser, stalker, or assaulter, I can call Nora Nelle, Title IX Coordinator at 215- 517-2659 or email her at [nellen@arcadia.edu](mailto:nellen@arcadia.edu)

If I need help staying safe on campus, I can call Ruth Evans, Director of Public Safety at 215-572-2187 or I can email her at [evansr@arcadia.edu](mailto:evansr@arcadia.edu). If the threat is immediate, I can call 215-572-2999.

If I need help figuring out which resource might be right for me, and I am not in immediate fear for my safety, I can call Alison Berk, Coordinator of Sexual Violence Prevention & Education at 215-572-4080 or I can email her at [berka@arcadia.edu](mailto:berka@arcadia.edu)

## \*IMPORTANT NOTE\*

The only CONFIDENTIAL RESOURCES on campus are the Counseling Center (215-572-2967) and Student Health Services (215-572-2966)

# STAYING SAFE WHERE I LIVE



I can tell these people about what is going on (friends, RA's, roommates, etc.):

.....  
.....  
and .....

There will be times when my roommate is gone or I am otherwise home alone. If I feel unsafe during those times, I can call .....  
or ..... to come  
and stay with me.

The safest way for me to leave my apartment or residence hall is .....

If I have to leave my place of residence in an emergency, I should try to go somewhere public, safe and unknown to my abuser, stalker or assaulter. I could go to:

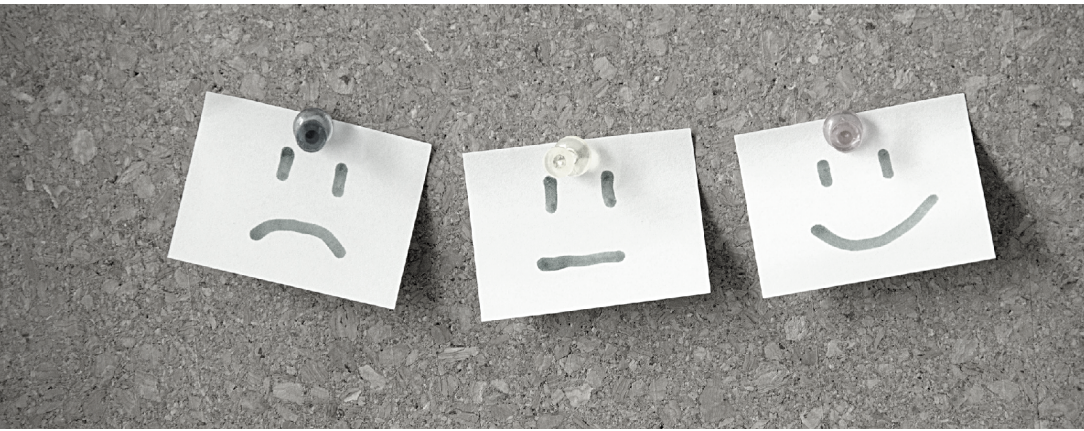
1. ....
2. ....
3. ....

I will use a code word to alert my friends/family/roommates that I need help without my abuser/stalker/assaulter knowing it. My code word is .....

IF I LIVE WITH OR NEAR MY ABUSER, STALKER OR ASSAULTER I WILL HAVE A BAG READY WITH THESE IMPORTANT ITEMS IN CASE I NEED TO LEAVE QUICKLY (CHECK ALL THAT APPLY)

- Cell phone and charger
- Spare money
- Keys
- Drivers license, passport and/or other forms ID
- Copy of orders of protection, no trespassing, etc.
- Birth certificate, social security card, immigration papers and other important documents
- Medications
- Change of clothes
- Special photos or anything else valuable
- If you have pets or children, anything they might need

# STAYING SAFE EMOTIONALLY



My abuser/stalker/assaulter often makes me feel bad by saying this:

.....  
.....

When he/she/they does this, I will remember these reasons why I know they are wrong:

.....  
....., and  
.....

I will make it a point to do things that I enjoy doing, like ..... or .....

I will join clubs or organizations that interest me like ..... or .....

If I need help finding a club, I can visit <https://www.arcadia.edu/life-arcadia/activities-organizations/student-organizations>

IF I FEEL CONFUSED, DEPRESSED OR SCARED, I CAN CONTACT THE FOLLOWING PEOPLE:

Name:  
Phone:

Name:  
Phone:

Name:  
Phone:

**DURING AN EMERGENCY, I CAN CALL THE FOLLOWING PEOPLE DAY OR NIGHT:**

Arcadia Public Safety  
215-572-2900 (Non-Emergency)  
215-572-2999 (Emergency)

Victim Services Center of Montgomery County Hotline  
1-888-521-0983

Laurel House Hotline  
(Domestic/Dating Violence)  
1-800-642-3150

Other Friends, Family, or Arcadia Staff

Name:  
Phone:

Name:  
Phone:

Name:  
Phone:

# GETTING HELP IN YOUR COMMUNITY



For emergencies:

911  
Cheltenham Township Police Department, 215-885-1600

Campus Public Safety  
215-572-2900 (non-emergency), 215-572-2999 (emergency)  
Dilworth Hall

Student Health Services  
215-572-2966  
Heinz Hall, Ground Floor

Arcadia University Office of Sexual Violence  
Prevention & Education  
215-572-4000  
2005 Church Road

National Sexual Assault Hotline  
800-656-4673

National Dating/Domestic Violence Hotline  
800-799-7233

Local Domestic Violence Organization:

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Local Sexual Violence Organization:

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Other Friends, Family, or  
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Name:

Phone:

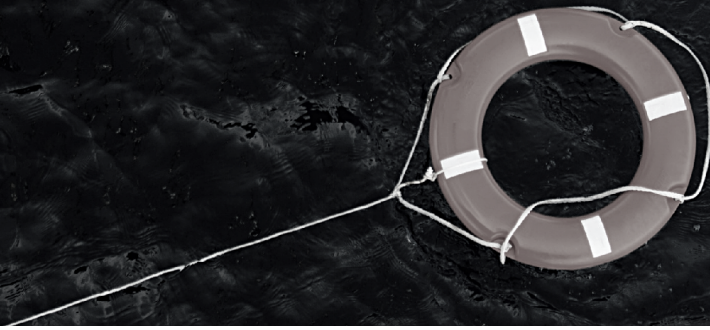
Name:

Phone:

Name:

Phone:

# MY SAFETY PLAN



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

- I will carry my cell phone and important numbers with me everyday.
- 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 possible I will alert my residence hall staff or building/campus security so that my abuser, stalker, or assaulter is not allowed into my building.
- I will avoid places where my abuser, stalker or assaulter or his/her/their family and friends are likely to be. I will keep the doors and windows locked where I live, especially if I'm alone.
- I will avoid speaking to my abuser, stalker, or assaulter if possible. If it is unavoidable, I will make sure other people are present in case the situation becomes dangerous.
- I will call 911 or campus safety if I feel unsafe. If I am on campus and need immediate assistance, I will press a blue light.
- I can look into getting an Order of No Contact or Order of No Trespassing from Arcadia Public Safety or an Order of Protection from local law enforcement so I will have legal support in keeping my abuser, stalker or assaulter away.
- I can see if there are any self defense classes available to me locally or through Arcadia University.
- I will remember that another person hurting me in any way is never my fault and I deserve to feel safe.

# THESE ARE THINGS I CAN DO TO HELP KEEP MYSELF SAFER IN MY SOCIAL LIFE

- I will ask my friends to keep their cell phones on them while they are with me in case we get separated and I need help.
- If possible I will go to different banks, bars, parties, events, gyms, grocery stores, dining halls, and campus areas than the ones I know my abuser, stalker or assaulter goes to or knows about.
- I will avoid going out alone, especially to areas that are dark or not monitored by campus/local security or law enforcement.
- No matter where I go, I will be aware of how to leave safely in case of an emergency. If I feel uncomfortable or unsafe in a situation, I will leave immediately, no matter what my friends are doing.
- If I plan on drinking, I will pre-identify a sober driver who is not my abuser, stalker or assaulter.
- I will spend time with people that make me feel safe, supported and good about myself.
- I will not say or do anything online that I wouldn't in person.
- I will set all of my online profiles to as private as they can be and be aware of geo-tagging/location sharing preferences in particular.
- I will save and keep track of abusive, threatening or harassing comments, posts or texts.
- I will not give my password to anyone.
- I will not answer calls from blocked or private numbers.
- I will see if my cell phone service provider can block the number of my abuser, stalker or assaulter.
- I will not communicate with my abuser, stalker or assaulter with any form of technology since any form of communication can be recorded and possibly used against me in the future.