



A COLLEGE STUDENT'S GUIDE TO SAFETY PLANNING



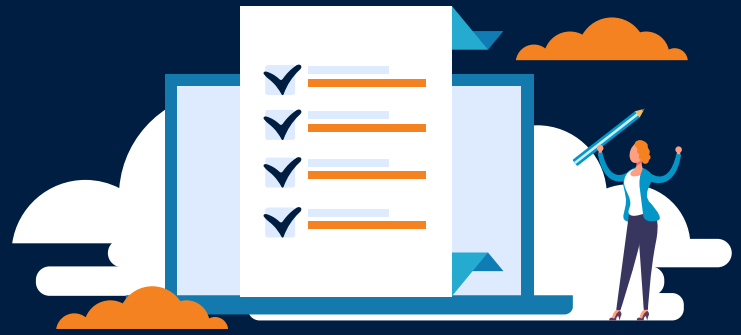
IN AN EMERGENCY, CALL 9-1-1 OR UTEP POLICE DEPARTMENT (915) 747-5611

As part of our UTEP community, you are not alone. Our advocates are here for you. The Campus Advocacy, Resources and Education (CARE) advocates offer private advocacy services to current campus community members affected (directly or indirectly) by an act of violence or crime. CARE advocates are trained on issues related to dating abuse and healthy relationships, as well as crisis intervention. This means that when you contact a CARE advocate we will work closely with you to listen to your situation, assess any needs, and help you figure out the next best steps for you. You and your advocate might brainstorm a safety plan together, or may be able to find campus and community resources for you, whether it is a counselor, support group, legal service or whatever you might need.

All of our services are free to any active UTEP student, staff, and/or faculty.

"This project is funded by a grant from the Criminal Justice Division, Office of the Governor, and the Office for Victims of Crime. Neither the Office of the Governor nor any of its components operate, control, are responsible for, or necessarily endorse this project (including without limitation, its content, technical infrastructure, and policies, and any services or tools provided)."

MY SAFETY PLAN



WHAT IS A SAFETY PLAN?

A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. It includes information specific to you and your life that will help keep you safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible on campus, in the residence halls, at home, and other places that you go on a daily basis.

WHY DO I NEED A SAFETY PLAN?

Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you (physical, emotional, and/or psychological), 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.

HOW DO I MAKE A SAFETY PLAN?

Take some time for yourself to develop a safety plan that works for you. You can fill out the workbook on your own or work through it with someone you trust.

KEEP IN MIND

- In order for this safety plan to work for you, you will need to fill in personalized answers, so you can use the information when you most need it. Some sections may not apply to you, but fill out all the ones that do.
- Once you complete your safety plan, be sure to keep it in an accessible but secure location. You might also consider giving a copy of your safety plan to someone who you trust.
- Getting support from someone who has experience working with college students in abusive relationships can be very useful. To be connected to someone on campus who has this experience, please contact the **Campus Advocacy, Resources and Education (CARE)** department.



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

Campus Police - (915) 747-5611 or 9-1-1

Campus Advocacy, Resources & Education (CARE) - (915) 747-7452

Dean of Students - (915) 747-5648

Professors:

Residence Life Staff:

Office of Student Conduct & Conflict Resolution (OSCCR) - (915) 747-8694

Title IX - (915) 747-8358

Other:

If I live with or near my aggressor, I will have a bag ready with these important items in case I need to leave quickly (check all that apply):

- Cell phone & charger
- Spare Money
- Keys
- Driver's License and Student ID or other form of ID
- Copy of my Protective Order
- Birth certificate, social security card, immigration papers, and other important documents
- Change of clothes
- Medications
- Special photos or valuable items
- If I have children---anything, they may need (diapers, formula, important papers)

STAYING SAFE ON CAMPUS:

The safest way for me to get to class is: _____

_____.

These places on campus where I may run into my aggressor are: _____ and _____.

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

There are many places on campus where it is impossible to avoid my aggressor. 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 (Union, Library, Centennial Plaza, etc.): _____ and/or _____.

_____.

STAYING SAFE IN MY CAMPUS APARTMENT OR IN MY HOME:

I can tell these people (roommates, Resident Assistants, or landlord) about what is going on in my relationship: _____ and _____.

_____.

There will be times when my roommate is gone. If I feel unsafe during those times, I can have people stay with me. I will ask: _____ and _____.

_____.

The safest way for me to leave my campus apartment/home in case of an emergency is: _____

_____.

If I have to leave my apartment/home in an emergency, I should try to go to a place that is public, safe and unknown by my aggressor. I could go here: _____ and/or _____.

_____.

I will use a code word so I can alert my family, friends, roommates and/or RA's to call for help without my aggressor knowing about it. My code word is: _____.



During an emergency, I will call 911 first, and then I can call the following friends, family or residential life staff at any time of the day or night:

Name: _____
Phone#: _____

Name: _____
Phone#: _____

Name: _____
Phone#: _____

Name: _____
Phone#: _____



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

Name: Counseling and Psychological Services
Phone#: (915) 747-5302 (After hours and on weekends, students experiencing a psychological emergency may call (915) 747-5302 to speak directly with a professional counselor.)

Name: _____
Phone#: _____

Name: _____
Phone#: _____

Name: _____
Phone#: _____

Name: _____
Phone#: _____

STAYING SAFE EMOTIONALLY:

My abuser often makes me feel bad by saying or doing this:
_____.

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

I will do things I enjoy, like: _____ and _____.

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

THERE ARE THE 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 to never walk around alone.

If possible, I will alert Residence Life staff or Campus Police about what is happening in my relationship so that my aggressor is not allowed in my building.

I will avoid places where my aggressor or his/her friends and family are likely to be.

I will keep the doors and windows locked where I live, especially if I am alone.

I will avoid speaking to my aggressor, if it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.

I will call 911 if I feel my safety is at risk.

I can look into getting a protective order so that I can have legal support in keeping my aggressor away.

I can enroll in the RAD self-defense class on campus. To find out when the next session is being offered, email: police@utep.edu

I will remember that the abuse is not my fault and that I deserve a safe and healthy relationship.

GETTING HELP ON OUR CAMPUS

Campus Advocacy, Resources and Education (CARE)

Campus advocates provide private/confidential direct services
 E: care@utep.edu | P: (915) 747-7452

Counseling and Psychological Services (CAPS)

E: caps@utep.edu | P: (915) 747-5302
 After Hours Crisis Line
 P: (915) 747-5302

Dean of Students Office

E: dos@utep.edu | P: (915) 747-5648

Equal Opportunity Office (EO)

E: eoaa@utep.edu | P: (915) 747-5662

Office of Student Conduct and Conflict Resolution (OSCCR)

E: studentconduct@utep.edu
 P: (915) 747-8694

Title IX Program

E: titleix@utep.edu | P: (915) 747-8358

UTEP Police Department

E: police@utep.edu | P: (915) 747-5611

GETTING HELP IN YOUR COMMUNITY

For emergencies: 9-1-1

National Dating Abuse Helpline:

1-866-331-3474

Center Against Sexual and Family Violence

580 Giles Rd.
 (915) 593-7300
 24/7 Crisis Hope Line
 1-800-727-3224

El Paso County Attorney

500 E. San Antonio
 5th Floor, Suite 503
 (915) 546-2050

El Paso Police Department

911 Raynor St.
 (915) 212-4000

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 go to different malls, bars, parties, stores, movie theaters, etc. than to ones my aggressor goes to or knows about.
- 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 leave if I feel uncomfortable in a situation, no matter what my friends are doing.
- If I plan to drink, I will be sure to have a sober driver who is not my aggressor.
- 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 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 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 the phone company can block my aggressor's phone number from calling my cell phone.
- I will not communicate with my aggressor using any type of technology if unnecessary, since any form of communication can be recorded and possibly used against me in the future.