

## WHAT IS A SAFETY PLAN?

A safety plan is a practical guide to help keep you safe and to lower your risk of being harmed by someone else. A safety plan includes information specific to you and your life and helps you think through lifestyle changes that will help keep you as safe as possible on campus, in your place of living, and other places you go on a daily basis.

## WHY DO I NEED A SAFETY PLAN?

Everyone deserves relationships and friendships that are healthy, safe, and supportive. If you are in a relationship or friendship that is hurting you or making you feel unsafe, it is important to know that it is not your fault. It is also important to start thinking of ways to keep yourself as safe as possible.

## YOU ARE NOT ALONE

I could talk to the following people if I need support or help staying safe on campus:

- Campus Safety & Security - 24/7 support**  
(419) 934-0721
- Counseling Center\***  
counseling@tiffin.edu
- Health Center\***  
healthcenter@tiffin.edu
- Center for Compliance, Accessibility, Resources & Education (CARE)**  
CARE@tiffin.edu

*\*Indicates Confidential Resource*

## RESOURCES

**National Domestic Violence Hotline:**  
1-800-799-7233

**Love is Respect Text Support:**  
Text 'LOVEIS' to 22522

**Ohio Domestic Violence Network**  
odvn.org/dvam

**Love is Respect Website:**  
loveisrespect.org

**One Love Foundation Website**  
joinonelove.org

**FOR EMERGENCIES CONTACT:**  
**911 OR Campus Security at (419) 934-0721**

**Scan the QR Code to Report Domestic Violence or Dating Violence at TU:**



ADAPTED FROM LOVEISRESPECT.ORG

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# GUIDE TO SAFETY PLANNING

FOR DATING & DOMESTIC  
VIOLENCE PREVENTION



## STAYING SAFE ON CAMPUS

The safest way for me to get to class is:

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The safest way for me to get to work, practice, etc. is:

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If I feel threatened or unsafe while I am on campus, I can go to these public areas where I feel safe:

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## STAYING SAFE IN MY PLACE OF RESIDENCE

I can tell these people (hall mates, roommates, RAs, etc.) about what is going on:

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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:

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The safest way for me to leave my place of residence in an emergency is:

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## THESE ARE THINGS I CAN DO TO HELP KEEP MYSELF SAFE EVERY DAY:

- 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.
- I will keep the doors and windows locked where I live, especially if I am alone.
- I will call 911 or Campus Safety & Security if I feel my safety is at risk.

## 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.
- 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 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 my online profiles to private.
- I will not share my location on social media or post about where I am at.
- I will save and keep track of any abusive, threatening or harassing comments, posts, or text messages.
- I will block the other person's number and/or social media accounts.

## IF I AM STRUGGLING WITH MY MENTAL HEALTH, I CAN CALL THE FOLLOWING SUPPORT SERVICES/PEOPLE:

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

## IF I AM FEELING SCARED, I CAN CALL THE FOLLOWING SUPPORT SERVICES/PEOPLE:

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

***Consider adding the names and phone numbers of these support services/people to your phone for quick access.***

***For emergencies, call 911 or Campus Safety & Security at (419) 934-0721***