

Student Safety Plan

Young women between the ages of 15-24 years experience higher rates of victimization than any other age group of women, including being most at risk of lethal violence.

As many women within this age range are also students, it may be helpful to place specific attention to school related safety concerns.

This safety plan applies to students of all ages. When using this plan, consider focusing on the tasks that are specific to your situation (High School or University/ College).

My Personal Plan: thinking about safety planning factors outside of a crisis situation

These are the places where I often run into my (ex)partner:

The safest way for me to get to class is:

I can talk to or connect with the following people/supports for help with what is going on in my relationship:

There may be places on school property where it is impossible to avoid my (ex)partner. If I need to go to one of those places, I can reach out for support. I will ask:

If I feel threatened or unsafe when at school, I can go to public areas where I may feel safer such as cafeteria, student centres, or

I can talk to the following people if I need to re-arrange my schedule or change housing in order to avoid my (ex)partner; or if I need help staying safe at school:

- | | |
|--|--|
| ☐ Campus/School Police | ☐ Resident Advisor |
| ☐ Security | ☐ Dean of Students/Principal |
| ☐ Professors/Teachers: _____
and _____ | |
| ☐ Sexual Assault Centre | ☐ LGBTQ Centre |
| ☐ Women's Centre | ☐ Counsellor/Social Worker/Guidance |
| ☐ Other: _____ | |

University/College Residential Safety Considerations

If I feel unsafe where I'm living, I can reach out to these individuals for support:

The safest way for me to leave the dorms/student housing in an emergency is:

If I have to leave the dorms/student housing in an emergency, I can try to go to a place that is public, safe and unknown by my (ex)partner. I can go here:

I can use a code word so I can alert my family, friends, roommates and/or hall mates to call for help without my (ex)partner knowing about it. My code word is:

If I live with or near my (ex)partner I can have a bag ready with these important items in case I need to leave quickly:

- | | |
|---|---|
| ☐ Cell phone and charger | ☐ Medications |
| ☐ Spare cash, bank card, credit card | ☐ Copy of restraining order or Recognizance Order |
| ☐ Keys | ☐ Birth certificate, social insurance number, immigration papers and other important documents |
| ☐ Driver's license and other forms of Identification | ☐ If I have children – anything they may need (documents, formula, diapers, etc.) |
| ☐ Change of clothes | |
| ☐ Special photos or other valuable items | |

Things that I can do to help keep myself safe every day are:

- ☐ Keep cell phone and important numbers with me at all times
- ☐ Keep in touch with someone I trust about where I am going
- ☐ Stay away from isolated places
- ☐ Alert campus security about what is happening in my relationship
- ☐ Avoid places my (ex)partner is known to frequent
- ☐ Keep my doors and windows locked at all times
- ☐ Avoid engaging with my (ex)partner and if unavoidable, make sure others are around
- ☐ Call 911 if my safety is at risk
- ☐ Explore the possibility of a No Contact Order
- ☐ Explore taking a self-defense class on campus
- ☐ Turn off all GPS tracking
- ☐ Block my (ex)partner phone number

- ☐ Change my patterns by frequenting different malls, banks, parties, movie theatres, etc.
- ☐ Avoid going out alone, especially at night
- ☐ Take note of surrounding area and how to leave safely in case of an emergency
- ☐ Recognize that I can leave any situation if I feel uncomfortable or unsafe
- ☐ If I plan to drink, I may be more vulnerable and can plan to have a safety person with me or available
- ☐ Consider setting online profiles as "private"
- ☐ Consider risk of using check-in on social media or tagging your location
- ☐ Save and keep track of any abusive, threatening or harassing comments, posts or texts, or any other concerning contact by my (ex)partner
- ☐ Never give my password to anyone
- ☐ Consider not answering calls from unexpected blocked numbers
- ☐ Consider the possibility that my (ex)partner could track me through my friends, for example, tracking their posts on social media, my friend's GPS on their phone

