

MY SAFETY PLAN

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What is a Safety Plan?

A safety plan is a guide that helps you lower your risk of being hurt by your abusive partner. This safety plan includes information about resources at Angelo State and allows you to provide specific information about your life that you can access quickly to help keep you safe on campus.

Why do you need a Safety Plan?

If you are in an unhealthy or dangerous relationship it is important to know that the abuse is not your fault. This guide is intended to help you know how to be safe whether or not you decide to end your relationship. While you may not be able to control your partner's abusive actions you can take action to keep yourself safe and know what resources are available on campus to support you now or in the future whether you decide to leave the relationship or not.

Checklist

If I live with my abuser and am considering leaving, I will have a bag ready with the following important items so I do not have to contact them to have the items returned:

- | | |
|---|--|
| <input type="checkbox"/> Cell Phone & Charger | <input type="checkbox"/> Social Security Card |
| <input type="checkbox"/> Cash (Debit or Credit Cards if your abuser cannot access your account) | <input type="checkbox"/> Immigration Papers |
| <input type="checkbox"/> Keys (Including any spares) | <input type="checkbox"/> Restraining or Protective Orders |
| <input type="checkbox"/> One Card | <input type="checkbox"/> Passport |
| <input type="checkbox"/> Change Access Code | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Change Passwords | <input type="checkbox"/> Clothes |
| <input type="checkbox"/> Disable Location Services | <input type="checkbox"/> Special Photos or Mementos |
| <input type="checkbox"/> Drivers License and/or ID | <input type="checkbox"/> Laptop, iPad/Tablet, eReader |
| <input type="checkbox"/> Birth Certificate | <input type="checkbox"/> Books/Materials for School or Work |
| | <input type="checkbox"/> If I have children, anything they may need. |

Online Safety

Currently my abuser has access to the following:

Facebook Twitter Instagram Snapchat
Youtube GoogleHome Alexa Netflix Hulu
Amazon Security System Other: _____

I know I need to deactivate location services and will not post on social media until I know I am safe. If it is safe to do so, I will "unfriend" or "block" my abuser on social media.

The location services on my _____ have been turned off.

I recognize and downloaded all of the apps on my phone and have deleted any apps my abuser added to my device(s).

I know my abuser has passwords to _____, I have changed those passwords.

I have notified my _____ that I no longer permit my abuser to access _____ accounts.

How I Will Stay Safe:

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

The safest place for me to park when going to class is: _____.

I often run into my abuser at the following places: _____.

I will try to avoid those places as much as possible. If I do have to go to those places and know I might run into my abuser, I will ask _____ to go with me. If _____ is not available I can ask _____ or go _____ instead.

The public areas I can go to quickly if I need to feel safe are: _____.

_____ is aware of what is going on in my relationship.

If at any point I feel unsafe being alone, I can contact _____ to stay with me.

_____ knows that if I use the term “_____” that is code and they should contact the University Police Department at 325-942-2071 or call _____ for help.

The safest way for me to leave my room is _____.

I will go _____ which is safe, public, and unknown by my abuser if I have to leave my room quickly.

I know I can contact my RA _____ at _____ or the Title IX Office at 325-486-6357 if I decide I would like to change my living arrangements, update my access code, or otherwise need help relative my living situation.

My abuser often makes me question my self-worth by saying: _____.

I know I have worth and they are wrong because: _____.

When my abuser is saying these things or I feel down I will think about: _____.

I will _____ to relieve my mind.

I will reach out to _____ when I need someone to cheer me up.

I know I can contact the Counseling Center at 325-942-2171 or the ASU Crisis Helpline at 325-486-6345 for confidential emotional support.