SAFETY PLAN CHECKLIST FOR SURVIVORS OF SEXUAL EXPLOITATION, VIOLENCE AND HARASSMENT

The following College offices can offer confidential consultation and are exempt from mandatory reporting: **Counseling Services**, **Student Health Services**, and the **Chaplain's Office**.

___ I have added Campus Safety (752-4710), Ashland Police Department (798-1227), and Hanover Safe Place (752-2702) to my cell phone's speed dial list.
___ I have contacted Campus Safety regarding a personal safety alarm.
___ I have added to my cell phone contacts the names and numbers of College officials, agencies, shelters I might require for crisis situations.
___ If I do not have a cell phone, or a friend's cell phone, I will confer with Campus Safety about alternate arrangements.
___ I have consulted with R-MC Student Health Services about medical and forensic services.
___ I have spoken with Residence Life and Housing about alternative housing options.
___ If I feel safe on campus, but not in my room, I can stay with _____
___ If I do not feel safe on campus, I can stay with _____
___ I will prepare a bag(s) with enough supplies to last several days if I plan to leave campus.
___ I can call Campus Safety for an Escort if I am uncomfortable traveling alone on campus
___ I have discussed with the College Judicial Officer the possibility of issuing a no-contact order, prohibiting my assailant from having any contact with me (by any means).
___ I will inform _____ about what has happened to me.
___ I will making an appointment with R-MC Counseling Services to consult about seeking emotional and psychological support.
___ I will find alternate routes if I know that the routes I usually take to class/work, or the dining hall, will bring me into contact with my assailant (or others).
___ I will vary my daily routine.
___ I will look for several possible escape routes if I find myself in the company of someone I do not feel safe around.
___ If there are places on campus that I am not comfortable walking to, I have arranged with friend(s) to accompany me.
___ I have informed my friends/family about what happened in case I need to return home.
___ I will learn where the campus emergency telephones are located on campus and how to use them.
___ I will tell someone where I am going; I will call them when I get there and when I am home.
___ I will speak to the Instructor or the Provost about a new seating arrangement, if I am seated in class near my assailant (or one of his/her supporters).
___ I will make sure at least one trusted person knows where I am at all times.
___ I will park my car in a well-lit public area.
___ I have changed the privacy settings on any social networking sites I use (Facebook, etc.), to prevent my assailant from accessing my private information and/or pictures.
___ I will report any acts of harassment or retaliation against me to a College official.

GENERAL SAFETY TIPS

- Make sure you know how to contact Campus Safety or the Ashland Police.
- As soon as you get in your car, lock your car doors.
- Trust your instincts (if a place or person feels unsafe).
- Watch for signs of trouble, such as strangers in private areas or persons loitering in places where they shouldn't be.
- Keep your doors locked at all times, even when you are in your room/apartment.
- Do not leave messages on your door about where you are or when you will be back.
- Always have a charged cell phone with you.
- Try not to be alone with someone you don't know well.
- Walk in well-lit public areas near the curb; stay away from doorways, alleys and bushes.
- If someone starts harassing or following you, head towards a public place.
- When at a social event, keep your drink in your hand at all times.
- If you sense trouble, get to a safe place as soon as possible.
- Travel with and go to parties with friends.
- If you feel you are in danger, attract help any way you can.

PHONE NUMBERS TO KNOW

Campus Safety:	(804) 752-4710 or "0" from a Campus Phone
Ashland Police Department:	(804) 798-1227
Center for Counseling Services:	(804) 752-7270
Student Health Services:	(804) 752-3041
Office of Judicial Affairs:	(804) 752-4722
Office of Residence Life and Housing:	(804) 752-4722
Hanover Safe Place:	(804) 752-2702