



SAFETY PLAN CHECKLIST FOR SURVIVORS OF SEXUAL ASSAULT

Self-checklist for
Student

- I have added Campus Safety to my cell phone's speed dial list. (see number below)
- As warranted, I have added the Ashland Police Department and Hanover Safe Place to my cell phone's speed dial list. (see number below)
- I have made contact with Campus Safety to discuss the possibility of acquiring a personal safety alarm for myself.
- I will add to my cell phone contacts (or on a piece of paper or address book) the names and numbers of services, agencies, shelters or College officials I might require for various crisis situations.
- I will inform Campus Safety or Residence Life and Housing Professional staff if I do not have access to a cell phone, or a friend's cell phone, to discuss alternate arrangements.
- I have spoken with a Residence Life and Housing Professional Staff member about arrangements I can make with respect to my own housing situation for my safety.
- If I am uncomfortable traveling alone on campus at any point, I know I can call Campus Safety anytime for an Escort.
- I have discussed with the Judicial Officer the possibility of issuing a no-contact order, prohibiting my assailant from having any contact with me in person, over the phone, by text message, through or through any other electronic means or networks such as Facebook, MySpace, Instant Messenger and Skype.
- I will inform _____ and _____ about what has happened to me, and my current safety concerns.
- I will making an appointment with R-MC Counseling Services to consult about seeking emotional and psychological support.
- If I know that the routes and paths I usually take to class/work or the dining hall will make me come in contact with someone I am uncomfortable around, I will find alternate routes or bring a friend each time.
- If I find myself in the company of someone I do not feel safe around, I will look for several possible escape routes.
- If there are places on campus that I am not comfortable walking to or through, I have arranged with friend(s) to accompany me at all times as I am passing through or going towards this place.
- If I feel it necessary, and am comfortable with it, I have informed my friends/family from home about what happened and/or my current emotional/safety situation, in case I need to return there for comfort.
- 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 and I will call them when I get there and when I am coming home.

Numbers to know:

Campus Safety: (804) 752-4710 or "0" from a Campus Phone

Ashland Police Department: (804) 798-1227.

Office of Judicial Affairs and Office of Residence Life and Housing: (804) 752-4722 or for non-business hours : 804) 752-4710

Hanover Safe Place: 804-752-2702

R-MC Center for Counseling Services: (804) 752-7270



- ___ I will vary my daily routine.
- ___ If I am seated in class near my assailant, or one of his or her supporters, I will speak to the Instructor, the Provost or the Associate Dean of the College about the possibility of a new seating arrangement and/or small group assignment.
- ___ I will make sure at least one trust person knows where I am at all times.
- ___ I have parked my car in a well-lit public area.
- ___ I have changed the privacy settings on any social networking sites I use (MySpace, Facebook, etc), to prevent my assailant from accessing my private information and/or pictures.
- ___ I will report any act of harassment or retaliation against me to my Resident Assistant, Campus Safety Officer, or Residence Life and Housing Professional Staff.
- ___ If I feel safe on campus, but not in my room, I can stay with _____
_____ or _____
- ___ If I do not feel safe on campus, I plan to stay with _____
or _____ or _____
- ___ If I plan to leave campus, I will prepare a bag(s) with enough over-night supplies to last several days.

GENERAL SAFETY TIPS

- As soon as you get in your car, lock your car doors.
- Trust your instincts; if a place or person feels unsafe, it probably is!
- 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 areas.
- If someone starts harassing or following you, head towards a public place.
- Walk near the curb: stay away from doorways, alleys and bushes.
- 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.
- If you feel you are in danger, attract help any way you can.
- Make sure you know how to contact campus safety, your RA, or the Ashland police as quickly as possible!

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