Off-Campus Safety Planning
YOU ARE NOT ALONE AND WE ARE HERE TO HELP YOU!

Why do I need a Safety Plan?

Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you, it is important for you to know that abuse is not your fault. When involved in an abusive relationship, the victim is often made to feel unsafe in a multitude of ways; physically, emotionally, financially, and so on. While there are signs to look for, it is important to be prepared if you need to leave the relationship or leave where you are living. While making this plan cannot prevent abuse from happening, it is important to have a plan if abuse occurs.

What is a Safety Plan?

A guide that is specific to your life that will assess your current situation and help keep you safe. It’s planning safe ways for you to navigate campus as well as your living situation. It is also a wealth of resources including phone numbers and places to go if abuse occurs.

Important Reminders when making a Safety Plan:

Once completed, keep it in a location that is safe but is also easily accessible. With a friend, in a box with a lock, on your phone, with a family member or in a safe, if you have one are all possible options. Certain things may not apply to you so it’s okay to leave them blank!

The Cycle of Abuse shows the continual pattern of violence that occurs in abusive relationships. Abusive relationships go through stages and the length of time in each stage can vary. It can be very difficult to break the cycle once it begins.
Staying Safe on Campus:

The safest way for me to get to class is:
______________________________________________________________________________

These are the places on campus that I often run into the alleged or the abuser: (I will try to avoid as much as possible)
______________________________________________________________________________

There may be times where I have no choice but to go to these places. If I need to go, I will ask __________________________ to come with me. (List as many as you like)

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

Staying Safe at home:

I can tell people (roommates, apartment staff, close friends) about what is going on in my relationship:
______________________________________________________________________________

There will be time when my roommates/housemate is gone. If I feel unsafe during those time, I can have people stay with me. I will ask:
______________________________________________________________________________

The safest way for me to leave my house/apartment in an emergency is:
______________________________________________________________________________
If I have to leave the house/apartment in an emergency, I should try to go to a place that is public, safe and unknown by the alleged/the abuser. I could go here:

__________________________________________________________________________

__________________________________________________________________________

I will use a code word to alert my family, friends, roommates and/or housemates to call for help without the alleged/the abuser knowing about it. My codeword is:

__________________________________________________________________________

*Don’t forget to tell these people the code word ASAP

These are people I can call in an emergency: (Friend, family member, classmate):

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
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It's good to have an emergency bag I can take with me if I ever feel unsafe in my living situation and need to leave. These are things I can take with me:

- Clothing
- Cell Phone/Charger
- Cash
- Credit or Debit Card
- Medications
- Driver’s License
- Restraining Order
- Laptop/Charger
- Valuables
- Keys
- Photos
- Important Documents
  - Birth Certificate
  - Immigration Papers
  - Social Security
  - Passport
  - Other
Staying Safe Emotionally:

The alleged/the abuser often makes me feel bad by saying this:

______________________________________________________________________________

When The alleged/the abuser does this, I will think of these reasons why I know the alleged/the abuser is wrong:

______________________________________________________________________________

I have healthy coping mechanisms or things I enjoy such as:

______________________________________________________________________________

I will join clubs, organizations that interest me such as:

______________________________________________________________________________

These are safe places off campus that I can go should I need to flee my residence:

Crime Victims Assistance Center  
  Phone Number: 607-722-4256

A New Hope Center:  
  Location: 20 Church St. Owego, NY  
  Phone: 907-687-6866 or 800-696-7600

Rise (SOS) Shelter and Advocacy Services:  
  Locations: 1201 E Main St. Endicott NY  
  Phone: 607-754-4340 or 877-754-4340

Should I ever need medical attention these are places I can go off-campus:

Lourdes Hospital  
  Phone: 607-798-5231

UHS Binghamton General Hospital  
  Phone: 607-762-2231

UHS Wilson Medical Center  
  Phone: 607-763-6611
These are things I can do if I have children:

- Teach children their names, addresses, and important phone numbers (including 911)
- Teach children that the abuse is not their fault, not to intervene because it can hurt them, and violence is never right
- Help them to make a list of people they are comfortable and safe talking to
- Give copies of custody orders/protective orders to childcare
- Come up with a list of safe places that children can go
- If you need to flee a situation make sure you bring insurance cards, immunization records
- If you have custody exchanges:
  - Meet in a safe, public place (ex. restaurant, bank, police station, library)
  - Bring a friend or relative with you to exchange children

These are things I can ask my family and/or friends for help with:

- I will spend time with people who support me and make me feel good about myself
- I will ask my friends to keep their phones on them with me in case we get separated and I need help
- Keep in touch with someone I trust about my whereabouts
- Stay out of isolated places, not go anywhere alone
- I will avoid talking to the alleged/the abuser. If unavoidable, I will make sure there are people around just in case the situation becomes dangerous

I will take these safety precautions in my living environment:

- I will alert the property management or UPD about what is happening in my relationship so that the alleged/the abuser is not allowed in my building
- I can provide a picture of the alleged/the abuser to the property management or UPD so they can help me intervene if they see the alleged/the abuser in my building
- I will keep my doors and windows locked, especially if I am alone

I can take these precautions to protect myself against the alleged/the abuser:

- I can look into getting a protective order so that I will have legal support in keeping the alleged/the abuser away
- I can take a self-defense course
- I can download an app that helps with my safety

When I go out in public, these are things I can do to avoid the alleged/the abuser:

- I will avoid places where the alleged/the abuser or their family/friends are likely to be
- I will always find a way to have a safe way to exit somewhere
- I will leave if I ever feel uncomfortable in any situation, regardless of what my friends are doing
If I should be contacted by or run into the alleged/the abuser, these things I can do to stay safe:

- I will not communicate with the alleged/the abuser using any type of technology if unnecessary since any form of communication can be recorded and possibly used against me in the future.
- I will save and keep track of any abusive, threatening, or harassing comments, email addresses, and/or cell phone number.
- I can block the alleged/the abuser’s phone number from calling my phone.
- If I am planning to drink, I will make sure to have a sober ride home, who is not the alleged/the abuser.
- I will call 911 if I feel that my safety is at risk.

I can stay safe online by doing the following:

- I will not say or do anything online that I wouldn’t in person.
- I will set all of my online profiles private as they can be.

Available resources on campus that I can refer to should I need them to report, rearrange my schedule and possible transfer dorms to avoid my abuse and/or generally stay safe on campus:

- University Police:
  - Couper Administration Building: 24 hours
  - Phone (607) 777-2222 (from cell) or 911 (from campus phones)
- Decker Student Health Services: Mon-Fri 8-12, 1-4 pm
  - Phone (607) 777-2221
- University Counseling Center:
  - Phone (607) 777-2772 Dial number than extension x2 after 5pm
- Title IX Coordinator, Dr. Andrew Baker
  - Phone: (607) 777-2486 Email: abaker@binghamton.edu
- Dean of Students Office/CARE Team-Interpersonal Violence Program
  - Phone: (607) 777-2804 Email: dos@binghamton.edu
- Free Legal Assistance:
  - Phone: (607) 777-2768 Refer to Legal Clinic schedule on Binghamton.edu
- Residential Life Main office: CIW Tuscarora 213
  - Phone:(607) 777-2321
- LGBTQ Center
  - Phone: (607) 777-6028
- MRC Center
  - Phone: (607) 777-4472
There are special apps I can use when I go somewhere to help me feel safe:

Noonlight:
- Hold button, enter 4-digit pin, when safe, release button. In danger, don't enter a pin, the police automatically notified of your location and emergency. Free download, $2.99 a month
  - Available on google play store and apple app store

ICE Blackbox
- Surveillance Camera on your phone, alert. For where you are is sent to your own specified emergency contacts with one touch!
  - Free download
  - Available on google play store

Watch Over Me
- Let the app know how long you want it to "watch over you" and it will track your location. If you don't tap "I'm safe" by the time runs out, your loved one will be alerted. They will be provided with any photos/videos you’ve uploaded.
  - Free download
  - Available on google play store

myPlan App
- It allows you to look at the unhealthy signs in your relationship. Also allows you to create a safety plan and what things are the most important to you
  - Free download
  - Available on google play store and apple app store

Aspire News
- The front-page functions as a regular news app, there's a "Help" section where there is a list of local domestic violence resources as well as a "Go Button" that alerts local authorities. The danger assessment enables the user to answer a series of questions resulting in a score representing the danger from variable to the extreme.
  - Free download
  - Available on google play store and apple app store

Circle of 6
- Two taps let your circle know where you are and how they can help. It’s the mobile way to look out for each other on campus or when you are out for the night. Provides direct access to national hotlines and a specialized hotline of your choice (ex. LGBTQ+, Spanish language, etc.)
  - Free download
  - Available on the Apple app store