

SAFETY PLANNING WITH A SURVIVOR

TIPS ON HOW TO SAFETY PLAN WITH A FRIEND

A safety plan is a personalized, practical plan that includes ways to remain physically and emotionally safe while in a relationship, planning to end a relationship, or after a relationship or abuse/harm has ended. A safety plan can help prepare for dangerous situations and think through changes that will help lower risk of being hurt by an abusive partner or someone that has caused harm.

Safety planning assists in enhancing safety in residential houses, academic buildings, the library, and other spaces on campus. Here are some safety suggestions to bring up with your friend:

Staying safe on campus:



- If your friend is feeling unsafe on campus or in their room at any time, needs to speak with someone about rearranging their schedule, or needs help moving from their residential house, they can contact Safety and Security or a Vassar Sexual Assault Response Team (SART) advocate at the Campus Response Center.
- You can help your friend establish different safe locations on campus that they can go to in an emergency or if they are feeling unsafe.
- You can help your friend establish different routes, safe from their abuser, to get to class, their room, ACDC, the Retreat, the library, etc.
- Discuss different ways that your friend might be able to reach out to their support system for help without their abuser finding out (ex: code word).

Staying safe emotionally:



- You can help your friend establish safe people to call during an emergency or if they are feeling scared, confused, or depressed.
- You can encourage your friend to do things they are interested in or enjoy.
- You can remind your friend to continue taking care of themselves on a regular basis.

Maintaining safety:



- Discuss the different reporting options your friend might have on and/or off campus.
- Continue to check in with your friend about how to stay safe that may be specific to their situation.

A Vassar Sexual Assault Response Team (SART) advocate can assist in creating a safety plan. SART Advocates can be reached by calling the Campus Response Center at (845) 437-7333.

SEXUAL ASSAULT & VIOLENCE PREVENTION OFFICE RESOURCES

All services are available for individuals of any race, ethnicity, color, sex, gender identity, sexual orientation, religion, class, ability, citizenship and immigration status, and age.

ADVOCACY & SUPPORT

- Vassar Sexual Assault Response Team (SART) 24/7: (845) 437-7333
- Vassar SAVP Director & Victim/Survivor Advocate: (845) 437-7863
- Center for Victim Safety and Support
 - Rape Crisis/Crime Victims: (845) 452-7272
 - Domestic Violence: (845) 485-5550

REPORT ON/OFF CAMPUS

- Town of Poughkeepsie Police: 911 or (845) 485-3666
- NYS Police CSAVU: (844) 845-7269
- Vassar Safety & Security: (845) 437-7333
- Vassar Title IX Coordinator: (845) 437-7924

FREE CONFIDENTIAL MEDICAL CARE

- SAFE Exam at Vassar Brothers Medical Center: (845) 454-8500
- SAFE Exam at Mid-Hudson Regional Hospital: (845) 483-5000
- Vassar Health Services: (845) 437-5800

FREE CONFIDENTIAL COUNSELING

- Vassar Counseling Services: (845) 437-5700
- Center for Victim Safety and Support: (845) 452-7272
- Poughkeepsie Grace Smith House: (845) 452-7155

VASSAR ACCOMMODATIONS (INCLUDING NO CONTACT ORDERS)

- Vassar Sexual Assault Response Team (SART) 24/7: (845) 437-7333
- Vassar SAVP Director & Victim/Survivor Advocate: (845) 437-7863
- Vassar Title IX Coordinator: (845) 437-7924

For more information,
visit savp.vassar.edu or eoaa.vassar.edu