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:

- Cell Phone & Charger
- Cash (Debit or Credit Cards if your abuser cannot access your account)
- Keys (Including any spares)
- One Card
- Change Access Code
- Change Passwords
- Disable Location Services
- Drivers License and/or ID
- Birth Certificate

- Social Security Card
- Immigration Papers
- Restraining or Protective Orders
- Passport
- Medications
- Clothes
- Special Photos or Mementos
- Laptop, iPad/Tablet, eReader
- Books/Materials for School or Work
- 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.