

Emergency numbers

Police Emergency Number
911

Statewide Helpline
(888) 774-2900

Telephone numbers in your area

WCSU Police Department
(203) 837-9700

WCSU Health Services
(203) 837-8594

WCSU Office of Diversity & Equity
(203) 837-8444

Women's Center on Campus
(203) 837-3939

WCSU Counseling Center
(203) 837-8690

24-Hour Hotlines

Domestic Violence Hotline
(203) 731-5206

Sexual Assault Hotline
(203) 731-5204

**Women's Center of Greater Danbury
Community Line**
(203) 731-5200

Resident Director

List of RD's can be found here:
wcsu.edu/housing/staff.asp

Family and Friends



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Campus Response and Resource Team (CaRRT)

STAYING SAFE ON CAMPUS PERSONAL SAFETY PLAN

Take precautions and make a plan to stay safe



Staying safe in the dorms/suites

I can tell these people about what is going on in my relationship:

When my dorm/suite mate is gone, I can have people stay with me. If I feel unsafe. I can ask:

The safest way for me to leave my dorm/suite in an emergency is:

If I have to leave, this is where I can go:

Commuting safely

I can commute to campus by this new route:

If I need to change my bus route, here is another way I can travel to campus:

If I need a ride to campus, I can ask:

Name: _____

Number: _____

Name: _____

Number: _____

Name: _____

Number: _____

No one deserves to be hurt or threatened. If you (or someone you know) is being hurt or threatened by someone you love or know intimately, make plans and take precautions to keep yourself safe. Here are some suggestions that have helped other people in situations like the one you are experiencing.

Staying safe on campus

The safest way for me to get to class is:

These are places on campus where I often run into my abusive partner/ex-partner:

If I need to go to one of those places, I will ask a friend to escort me. I will ask:

If I feel threatened or unsafe, I can go to these public areas where I feel safe:

I could talk to one of the following people if I need help, need to rearrange my schedule or transfer to another dorm:

Dean of Students: _____

Campus Police/Public Safety: _____

Counseling/Health Services: _____

Title IX Coordinator: _____

Women's Center: _____

Other: _____

Increase your support network

- I can talk to someone I trust. Tell a family member, co-worker, professor, clergy member or doctor.
- I can speak with an expert by contacting: **the Women's Center on Campus at (203) 837-3939 and/or WCSU's Counseling Center at (203) 837-8690. (An advocate from the Women's Center can accompany you to the police or hospital)**
- I can call the police if I am afraid I will be abused or have been abused.
- If I have a protective order or restraining order, do campus police or security have a copy?
- I can keep a copy of my protective order with me at all times.
- I can tell my resident advisor, my employer, my closest friend and _____ that I have an order of protection.
- If my partner violates the protective order, I can call the police and report the violation.

Staying safe emotionally

If I feel confused, scared, anxious or depressed, I can call the following friends or family members:

Name: _____

Number: _____

Name: _____

Number: _____

Name: _____

Number: _____

Things I can do to keep myself safe electronically and online

- I can set all my online profiles to the maximum privacy settings.
- I can save and track any abusive, threatening or harassing comments, messages, posts or texts.
- I can ask my friends and family not to let my partner know where I am or to alert him/her of changes in my contact information.
- I can change all of my passwords and can choose not to give the new passwords to anyone. I can change or create a voice mail password.
- I will not answer calls from unknown, blocked or private numbers.
- I can see if my phone company can block my partner's phone number from calling or texting my phone.
- I can seek support from the university to end harassing communications that have been coming to me through any university email or university phone systems.
- I will back up my cell phone, laptop or other electronics to the cloud.

What is safety planning?

Safety planning is a process to help reduce your risk based on your individual life and relationship. While you can't control your partner's behavior, you can still take steps to help keep yourself safe. You are most likely doing many of the things outlined in this guide already, and safety planning is a tool to help you gather your thoughts and prepare for how you might react in certain situations.

Things I can do to keep myself safe in social situations

- I can ask my friends to keep their phones with them while they are with me in case we get separated and I need help. Creating free alternate contacts on the following social/mobile apps:

Circle of 6: www.circleof6app.com

Guardly: www.guardly.com

BSafe: www.getbsafe.com

OnWatch: www.onwatchoncampus.com

- I can go to different places that my partner doesn't go to or know about.
- I can ask friends who are having gatherings if my partner has been invited or ask them not to invite us both.
- No matter where I go, I can be aware of how to leave safely in case of an emergency.
- I can leave if I feel uncomfortable, as I know I should put my trust in my instincts.
- If I plan on drinking, I can be sure to have a sober driver who is not my partner or have the number for a safe ride.
- I can spend time with people who make me feel safe, supported and good about myself.

I will have a bag ready with the following items if I need to leave unexpectedly:

Cell phone and charger, spare cash, keys, driver's license and/or passport, student ID, birth certificate and/or social security card, immigration papers and other important documents, change of clothes, medications, special and irreplaceable items.

Things I can do to keep myself safe every day

- I can carry my cell phone and important numbers with me at all times.
- I can keep in touch with someone I trust about where I am or what I am doing.
- I can try to stay around people I trust and in public places.
- If I feel uncomfortable, I will alert someone about what is happening in my relationship so they can keep me safe on campus.
- I can avoid places where my partner or his/her friends are likely to be.
- I don't have to wait for an emergency to ask for help; it's okay to plan ahead if I'm concerned.
- If I am no longer with my partner and we must speak, I will make sure that others are around in case of danger.
- I can pursue an order of protection to have legal support in keeping my partner away.
- I can remember that his/her behavior is not my fault and that I deserve to be safe and healthy on campus and in my relationships.