

HANDOUT ...

Safety Planning for Students (continued)

- If you are in danger, call campus police or 911.
- Be aware of weapons your partner may have.
- Avoid going on long trips alone with your partner.
- Tell your RA/roommates about the situation.
- Arrange for double dates—if possible, try not to be alone with your partner.
- If the abuser also lives in your residence hall, try to get transferred into another building, switch rooms etc—ask the student counseling center if they can assist in facilitating the transfer.
- Try to let friends, roommates and RAs know where you are going and when you should be back—check-in with them while you're out.
- If your abuser has a copy of your key, request that s/he return it to you, or change your locks.
- If you live with her/him: Include keys, emergency phone numbers, money for calls or a prepaid calling card, a change of clothes, and medications.
- Don't forget important documents such as birth certificates, resident cards/student IDs, social security cards, student loan info and schedules
- Arrange for a safe place to leave your school books, such as a trusted friends' place, the locked trunk of your car, etc.
- Call the Virginia Family Violence & Sexual Assault Hotline at 1-800-838-8238 (v/tty) to find a domestic violence court advocate near you, so you can discuss your options.

Take warning signs seriously

Talk with someone and make a safety plan right away if...

- You have recently left the abuser or changed the relationship.
- The abuser has made threats to kill you, her/himself, or someone close to you.
- The violence happens more often or there is more sexual violence.
- The abuser has threatened you with a weapon or used one against you.
- You are moving on with your life, feeling better, setting more limits, and the abuser resents the changes.
- The abuser has taken or broken equipment that you need, like a TTY, wheelchair, or cane.
- The abuser feels as though he or she has nothing left to lose.