



STUDENT LIFE
Student Services

SETON HALL UNIVERSITY



A COLLEGE STUDENT'S GUIDE TO SAFETY PLANNING

In an emergency, always dial 911 or
Public Safety at 973.761.9300

www.shu.edu/titleix

Dating violence can happen to anyone. One out of every three high school and college students has experienced sexual, physical, verbal, or emotional violence in dating relationships. Although dating violence is common, it is against the law. No one deserves to be hit, slapped, controlled, cursed, or groped. Seton Hall University is committed to providing an atmosphere in which students can pursue their educational goals and achieve personal growth. Maintaining a safe environment for students, faculty and staff has long been recognized as an essential part of University life.

The University has established policies and procedures and offers comprehensive services to ensure the well-being of all members of the University community. All forms of discrimination, harassment (including sexual misconduct) and retaliation are prohibited on the campus. See Seton Hall University's Anti-Discrimination, Harassment (including Sexual Misconduct) and Retaliation Policy at www.shu.edu/titleix.

SAFETY PLANNING

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 the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can't control your partner's abusive behavior, you can take action to keep yourself as safe as possible.

WHAT IS A SAFETY PLAN? A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. It includes information specific to you and your life that will help keep you safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible on campus, in the residence halls and other places that you go on a daily basis.

HOW DO I MAKE A SAFETY PLAN? Take some time for yourself to go through each section of this safety plan. You can complete the workbook on your own, or you can work through it with someone else who you trust.

Keep in Mind:

- In order for this safety plan to work for you, you'll need to fill in personalized answers, so you can use the information when you most need it. Some sections may not apply to you, but fill out all the ones that do.
- Once you complete your safety plan, be sure to keep it in an accessible but secure location. You might also consider giving a copy of your safety plan to someone who you trust.
- Getting support from someone who has experience working with college students in abusive relationships can be very useful. To be connected to someone on campus who has this experience, please contact the Dean of Students Office.

My Safety Plan

Staying Safe on Campus:

The safest way for me to get to class is:

These are the places on campus where I could potentially run into my abuser:

I will try avoid these places as much as possible or try to go when s/he won't be there.

There may be places on campus where it is impossible to avoid my abuser. If I need to go to one of these places I can make sure a friend can go with me. I will ask:

and/or _____.

If I feel threatened or unsafe when I am on campus, I can go to these public areas where I feel safe (a friend's room, the library, the dining hall, etc.):

If I need to rearrange my schedule or move to a new residence hall in order to avoid my abuser, or if I need help staying safe on campus, I can contact:

- The Dean of Students Office, 973.761.9076. 2nd Floor of the University Center, Room 237.
- Public Safety & Security, 973.761.9300, Public Safety Building at Ward Gate.

Staying Safe in my place of Residence:

I can tell these people (roommate(s), suitemates, etc.) about what is going on in my relationship:

There will be times that my roommates/people I live with are gone. If I feel unsafe during those times, I can have people stay with me, or ask if I can stay with others. I will ask:

The safest way for me to leave my residence hall/place of residence during an emergency is:

If I have to leave my residence hall/place of residence during an emergency, I should go to a place that is unknown by my abuser. I could go here:

I will use a code word so I can alert my family, friends, roommates and/or suitemates to call for help without my abuser knowing about it. My code word is: _____.

If I live with or near my abuser, I will have a bag ready with these important items in case I need to leave quickly: *(check all that apply)*

- Cell phone and charger
- Spare money
- Keys
- Driver's License and/or Student ID
- Copy of Restraining Order (if applicable)
- Change of clothes
- Medications
- Special photos and other valuable items
- Other Items: _____

Staying Safe Emotionally:

My abuser often makes me feel bad by saying this:

When he/she does this, I will think of these reasons why I know my abuser is wrong:

1. _____
2. _____
3. _____

I will do things I enjoy, like:

I will join clubs or organization on campus that interest me, like:

If I feel confused, depressed or scared, I can call the following friends, family, or support services:

1. Counseling and Psychological Services (CAPS) 973.761.9500 *(CAPS is available 24/7, however if it's after hours, please call Public Safety at 973.761.9300 to be connected to the Counselor on call.)*
2. _____ Phone #: _____
3. _____ Phone #: _____
4. _____ Phone #: _____

However, I know that if I am in immediate danger, I should call 911 or Public Safety at 973.761.9300.

These are other resources for me, both on campus, and in the community:

1. National Dating Abuse Helpline: 1-866-331-9474 www.loveisrespect.org
2. South Orange Policy Department: 1-973-763-3000
3. Legal Services of New Jersey: 1-888-576-5529 www.lsnj.org
4. SHU Health Services: 1-973-761-9175
5. Campus Ministry: 1-973-761-9545

These are things I can do to help keep myself safe everyday:

- I will carry my cell phone and important telephone numbers with me at all times.
- I will keep in touch with someone I trust about where I am or what I am doing.
- I will stay out of isolated places and try to never walk around alone.
- If I live on campus, I can alert residence life staff and Public Safety about what is happening in my relationship so that my abuser is not allowed in my building.
- I will avoid places where my abuser or his/her friends and family are likely to be.
- I will keep the doors and windows locked where I live, especially if I am alone.
- I will avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- I will call 911 if I feel my safety is at risk.
- I can look into getting a protective order so that I'll have legal support in keeping my abuser away.
- I can enroll in the RAD Self Defense class on campus. To find out when the next session is being offered, email Sergio.oliva@shu.edu.
- I will remember that the abuse is not my fault and that I deserve a safe and healthy relationship.

These are things I can do to help keep myself safe in my social life:

- I will ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help.
- If possible, I will go to different malls, bars, banks, parties, grocery stores, movie theaters, dining halls, etc. than the ones my abuser goes to or knows about.
- I will avoid going out alone, especially at night.
- No matter where I go, I will be aware of how to safely leave in case of an emergency.
- I will leave if I feel uncomfortable in a situation, no matter what my friends are doing.
- If I plan on drinking, I will be sure to have a sober driver who is not my abuser.
- I will spend time with people who make me feel safe, supported and good about myself.

These are things I can do to stay safe online and with my cell phone:

- I will set all my online profiles to be as private as they can be.
- I will save and keep track of any abusive, threatening or harassing comments, posts, or texts.
- I will never give my password to anyone. If the abuse and harassment does not stop, I will change my usernames, email addresses, and/or cell phone number.

___ I will not answer calls from unknown, blocked or private numbers.

___ I can see if my phone company can block my abuser's phone number from calling my phone.

___ I will not communicate with my abuser using any type of technology or on any social media platform, since any form of communication can be recorded and possibly used against me in the future.

Resources

Reporting Options

On-Campus Private

Lori Brown
Director EEO Compliance,
Title IX Coordinator
(973)313-6132

Rachelle Paul
Sr. Associate Athletics Director, SWA
Deputy Title IX Coordinator
(973) 761- 9494

Karen Van Norman
AVP & Dean of Students,
Deputy Title IX Coordinator
(973)761-9076

Public Safety and Security
(973)761-9300

On-Campus Confidential

Counseling and Psychological Services (CAPS)
(973)761-9500

Campus Ministry
(973)761-9545

Health Services
(973)761-9175

Off Campus

South Orange Police Department
(973) 763-3000

Babyland Family Violence Prevention
(973)399-3400

Essex County Rape Care Center
1-877-733-2273

Legal Services of NJ
1-888-576-5529
www.lsnj.org

LoveIsRespect.Org
www.loveisrespect.org
1-866-331-9474
Text: loveis to 22522

Rape, Abuse, Incest National Network (RAINN)
www.rainn.org

Local Hospitals (with expertise in responding to sexual violence)

Newark Beth Israel Medical Center
201 Lyons Avenue
Newark, NJ
1-800-843-2384