



# Safety Planning on Campus

sexualized  
violence  
prevention  
and response

## Staying Safe On Campus

The safest way for me to get to class is: \_\_\_\_\_

\_\_\_\_\_

Places on campus that I may run into the person who harmed me: \_\_\_\_\_

\_\_\_\_\_

I will try to avoid these places as much as possible or go when they won't be there. There may be places on campus where it is impossible to avoid the person who harmed me. If I need to go to these places, I will ask a friend to accompany me and/or \_\_\_\_\_

\_\_\_\_\_

If I feel threatened or unsafe when I am on campus, I can go to these public areas to increase my safety: \_\_\_\_\_

\_\_\_\_\_

## Don't forget:

### Violence is a choice.

Even if you forget your safety plan, or decide not to use parts of it, the person who harmed you is responsible for the violence that occurs—not you.

**I can talk to the following people if I need to rearrange my class schedule, address safety in my dorm, or strategize more about my safety on campus:**

- ◇ Sexualized Violence Prevention and Response Manager
- ◇ My academic/accessibility advisor or my ISA
- ◇ My counselor
- ◇ My case manager
- ◇ My resident advisor
- ◇ Dean of Students
- ◇ Campus security

## Staying Safe in Residence

I can tell these people (hall mates, roommates or RA's) about my situation: \_\_\_\_\_

\_\_\_\_\_

There will be times when my roommate is gone. If I feel unsafe during those times, I can have people stay with me. I will ask:

\_\_\_\_\_

The safest way for me to leave Residence in an emergency is:

\_\_\_\_\_

If I have to leave the dorms in an emergency, I should try to go to a place that is public, safe and unknown by the person who harmed me. I could go here:

\_\_\_\_\_

I will use a code word so I can alert my family, friends, roommates and/or hall mates to call for help: \_\_\_\_\_



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## Staying Safe Emotionally:

The person who harmed me might try to make me feel badly by \_\_\_\_\_

\_\_\_\_\_

When they do this, I can respond by thinking about these truths \_\_\_\_\_

\_\_\_\_\_

I can do things to support my wellness like: \_\_\_\_\_

\_\_\_\_\_

I will remember \_\_\_\_\_

\_\_\_\_\_

## If I feel like I need extra support, I can call the following people:

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

## During an emergency, I can call the following people, day or night (friends, family, security, RA etc):

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

## Getting Help in My Community:

- ◇ TRU's Sexualized Violence Prevention and Response Manager 250-852-7179 or by appointment at 250-828-5233
- ◇ TRU Counselling 250-828-5233
- ◇ KSACC Community Based Victim Service Worker Book with KSACC at 250-372-0179 or drop in available OM 1661 **every Tuesday from 1:00-4:00pm**
- ◇ Y Women's Emergency Shelter 250-374-6162 or by text at 250- 682-7931. Available 24 hours a day, 7 days a week.
- ◇ Stopping the Violence Outreach Services 250-320-3110
- ◇ Kamloops Sexual Assault Counselling Center (KSACC) 250-372-0179
- ◇ VictimLinkBC 1-800-563-0808 Free, confidential, multilingual service available across B.C. and the Yukon 24 hours a day, 7 days a week . VictimLinkBC is TTY accessible at 604-875-0885.