**Continue on next page of Safety Plan**

**How can I keep safe at work/school?**

**(Work/School Safety)**

* **Safety planning is an ongoing process. Over time, new concerns may arise that require adjusting and modifying the Safety Plan**

**A**

**Who can help me and where can I go in case of an emergency?**

**The following are the names and contact information of people and places I can trust and can contact when I need social support or in the event of an emergency:**

* **Friends:**
* **Family:**
* **911:**

**B**

* **This friend escort is available to me to/from my vehicle/public transportation when I am at work/school (Name & Phone Number):**
* **I will make these modifications to ensure my workspace is a secure location (e.g., discuss with leadership, lock office):**
* **I will make these adjustments to my work/school schedule to improve my safety (e.g., discuss with leadership schedule changes; change course times): F**

**Safety Plan**

**How can I keep safe in my home?**

**(Home Safety)**

* **I will make these changes to my home to make it safer (e.g., adding lighting and/or locks):**
* **I trust this neighbor and can contact this individual when I need social support or in the event of an emergency (Name, Phone Number, & Address of Neighbor):**

**E**

**E**

**What to do if I encounter the accused?**

* **I will not go here because the accused frequents this place:**
* **I will avoid unplanned interactions with the accused by:**
* **I will let this trusted person know when I arrive at places:**
* **I will carry this device (e.g., horn, whistle, etc, as permitted):**

**D**

**How can I stay safe when I go out?**

**(Public Safety)**

* **I will say the following:**
* **I will do this to get away:**
* **If I am at work, I will:**
* **If I am driving, I will:**
* **If I am walking/running, I will:**
* **If I am home, I will:**

**C**

**What to do if I begin to experience negative emotions/feelings about the assault?**

* **If I begin to re-experience the event, I will:**
* **If I have thoughts of harming myself, I will:**
* **If I have thoughts of harming others, I will:**

**G**