

ArtCenter Safety Plan

What is a safety plan?

A safety plan is a set of pre-planned actions and information that can help lower your risk of being hurt by your partner. It includes information specific to you and your life that will increase your safety at home, school, and work.

How do I make a safety plan?

Take some time to go through each section of this safety planning tool. You will be asked a series of questions to help you identify your safety options.

At the end of the process, you will have a printable version of your personalized safety plan that you can reference whenever you need it. You can print it or send a PDF copy to yourself to a secure email. Once you complete your safety plan, be sure to keep it in an accessible but secure location. If you don't feel safe keeping the printed safety plan with you or in your email, you can consider giving a copy to someone you trust.

Basics/Home

1. Who do you live with? When are some times that you feel safe or unsafe in your home?

2. Do you have a job? If not, how can you provide for yourself financially without your partner?

3. Do you have access to your own money?

4. Does someone in your family or friend group know about your relationship? What are some important things for them to know?

5. What word or phrase could you use as a code in a phone call, text, or instant message to ask for help without your partner knowing?

6. Who is someone you could stay with if you needed to leave your current place of residence?

7. If you need to leave your home in an emergency, where is a safe public place you can go?

8. If you do not have access to a vehicle, how can you access a ride-share service (Uber/Lift) or public transportation?

9. If you need to leave your house quickly, which items would you need to take with you?

Identification (ID, passport)
Cell Phone
Cell phone charger

Medication
Cash
ATM Card
House Key
Car Key
A Change of Clothes

Legal Documents (Social Security card, birth certificate, court orders)

School/Work

1. Have you told someone at school about your relationship? What are some important things for them to know?

2. Where on campus can you go to feel safe?

3. If you need to leave school immediately, who can you contact to pick you up?

4. Do you and your partner share any classes, study spaces, or studios?

5. If you need to take some time off from school, who can you contact from your department?

*Note that you can always contact the Title IX Coordinator (titleix@artcenter.edu) for accommodations.

6. Does anyone at work know about your relationship? What are some important things for them to know?

7. If you need to leave work immediately, who can you call to come pick you up?

8. How can you communicate with your supervisor if you needed to leave work quickly or take some time off?

Technology

1. Does your partner have access to your Texts, DMs, or Messages through any of your technology?

Cell Phone
Apple Watch
iPad/Tablet
Laptop

Desktop

2. Does your partner have access to your location via apps like “Find My” or any other location tracker? If so, what plan can you put in place to remove their access while ensuring your safety?

3. If you needed to give someone you trust access to your accounts, who would that be and what access would you give them?

4. If you wanted to block your partner on different apps, what information would you need to collect before doing so? For example, screenshots of conversations or images.

5. Check off any areas where you would block your partner if you felt the need to limit their technological access to you:

- Facebook
- Instagram
- TikTok
- Snapchat

- Texts
- Phone Calls
- Email
- Venmo

Partner

1. Whom could you call or text to let them know when you are going to be with your partner?

2. If you decide to end your relationship, where could you do it safely? Is there someone who could be present with you?

3. If you did decide to end your relationship, what would you have to prepare ahead of time?

- Packing your belongings
- Telling a friend or family member
- Disconnect their access to your technology or social media

- Disconnect their access to your location
- Inform your school or work of the possibility of your partner looking for you

4. Whom could you talk to or check in with afterward?

Children/Pets

1. Who could watch your children in an emergency?
What would they need to know about their care?

2. Who could you contact at your children's daycare or school if you needed to arrange for someone else to pick them up? How would you communicate this to your children to ensure they are aware of this change?

3. If you share children with your partner, who can you contact about arranging or updating a custody plan?

4. Who could watch your pets in an emergency? What would they need to know about their care?

5. What are some local shelters or boarding locations that can temporarily house your pet while you get to safety?

6. If you needed to get your pet back from your partner, who could you contact to help you do this safely?

7. What items do your children and/or pets need if you decide to leave your house quickly?

Emotional

1. What are some things that your partner says or does that make you feel down?

2. When you are feeling down, who can you call to cheer you up?

3. What are some activities that you enjoy doing?

4. If you needed to talk to a therapist or professional for emotional support, how would you go about contacting someone?

5. If you wanted to attend a domestic violence support group, what are some local resources for support?

6. Do you have contact information for:

Police Department: _____

ArtCenter Campus Safety: 626-396-2299

ArtCenter Title IX Office: 626-396-2340

Attorney: _____

Spiritual Support: _____

Local Domestic Violence Center:

Peace Over Violence: 626-243-7972
