Dating & Domestic Violence
Safety Planning for Students

Being in an abusive relationship is a burden nobody should have to face, and it can significantly add to the stress of coursework and college life. If you are in an unhealthy relationship, you should know that it is not your fault. We understand that you may not be ready or able to leave. Your safety is very important to us.

This document provides suggestions for how you can increase your safety and well-being on campus and will give you a structured opportunity for planning and reflection. You are encouraged to personalize this safety plan and seek the support of WSU advocate Jessica Schulz and other resources around campus and in the Winona area.

Coping with Violent Incidents

- During an argument, I can move to a space that is of lower risk, such as ______________________. (Avoid bathrooms, garages, kitchens, or rooms without outside access).
- If it is not safe to stay, I can leave in the following way(s): ________________________________
- I can inform ___________________ and/or _______________ about the violence and ask them to contact _______________ (person, emergency services) if they hear suspicious noises.
- I can use ______________________ as a code word with _______________ (friends/family/children) so they can call for help.
- I can place ______________________ on or outside my door/residence so _______________ (neighbor) can call for help.
- If I must leave my residence, or room, I can go to ______________________________________
- If my abuser threatens to out me as LGBTQ+, I can ________________________________
- I can teach my children how to use the phone to call emergency services
Resources & Support
The following individuals/entities on campus could be sources of support for me if I need to rearrange my schedule, transfer residence hall, or conduct further safety planning:

Confidential
WSU Campus Advocate, Jessica Schulz: 507.457.2956
WSU Counseling Services: 507.457.5330
Advocacy Center of Winona: 507.452.4453 (community resource)

Mandatory Reporters
Title IX: 507.457.5008
My RA ___________________________ (name & phone number)
WSU Security: 507.457.5555 (can provide escort services around campus)

Important Items for Rapid Departure
Important items to take in case you need to leave your abuser rapidly:
- Mobile Phone + Charger
- Money / ATM card
- Keys
- Identification
- Copy of Restraining Order
- Documentation (Birth Certificate, Social Security Card, Immigration Papers, etc.)
- Medications
- Valuables (Jewelry, Photographs, Important Electronics)
- Child-Care Supplies (formula, diapers, documentation, car seat, favorite toy, etc.)
- Clothing
- Toiletries
- Pet-Care Supplies
Emotional Wellbeing

- If I feel down and feel like I may return to an abusive situation, I can ________________________________________________________
- When I must communicate with my abuser, I can ________________________________________________________________
- I can call ________________ or ________________ for support.
- I can use positive self-talk with myself and be assertive with others.

Work-Safety

- When leaving work, I can ________________________________________________________________
- If my abuser threatens to out my gender or sexual identity at work, I can ________________________________________________________________
- If it is not safe to stay, I can leave in the following way:
  ________________________________________________________________
- At work, I can seek support from _____________ and/or _____________ and inform them about my situation.
- If problems occur while I am driving home, I can ________________________.
- If I use public transportation, I can _________________________________.
- I can use voicemail, a co-worker, or another person to screen my calls

Home-Safety

If an abuser interferes with my access to essential medication, I can ________________________________________________________________.

If my abuser no longer lives with me, I can do the following things:
- Change the locks on the doors and windows
- Get an unlisted phone number
- Install security systems
- Install smoke detectors and purchase fire extinguishers
- Install outside sensor lighting that goes on when people are near

I can ask the following people to call emergency services if my abuser is seen near my home: ________________________, ________________________, & ________________________.
I can inform __________, _____________, & _____________ about who has permission to pick up my children.

I can teach my children how to call me and _______________ if the abuser abducts them.

---

**Location and Safety**

If I need to avoid seeing my partner on the way to or from class, I can take this route to get you there safely (this should be a different route than you usually take): _____________________________.

I’m more likely to encounter my abuser at these locations on-campus: _____________________________________________.

If I cannot avoid encountering into my abuser at certain times, I will get either a friend, or a WSU security escort (507.457.5555) to accompany me.

Friends that could walk with me are: _________________, ________________, or _______________.

If I feel at risk on campus, I can go to the following areas where I feel safe: _____________________________.

---

**Orders for Protection**

I can keep my order for protection _________________. (Always keep it on or near your person. If you change clothes, purses, briefcases, it should be the first thing that is transferred)

If my abuser breaks the order, I can _________________________.

If the police are not responsive, I can _________________________.

I can inform ______________ and ______________ that I have an OFP.

If my partner destroys my Order for Protection, I can get another one from the County Court.
Safety Considerations

- Keep your cell phone and important contacts with you at all times
- Keep in touch with someone trusted about where you are and what you are doing
- Ask your friends to keep their phones on and with them
- Avoid isolated places
- Alert dorm or campus authorities about what is occurring if possible
- Avoid your abuser and their friends when possible
- Keep your doors and windows locked
- Avoid speaking with your abuser
- Call 911 if your safety is at risk
- Talk to the campus advocate or the Advocacy Center of Winona about Orders for Protection
- Keep aware of how to safely leave a situation in case of emergency
- Acknowledge that the abuse is not your fault and you deserve to be safe and treated with respect

Online Safety

- Set online profiles to the maximum privacy
- Save and keep track of abusive, threatening, or harassing online content (emails, texts, posts)
- If the harassment does not stop, consider changing usernames, cell phone numbers and email addresses
- Avoid answering unknown, blocked, or private numbers
- Contact the phone company about blocking your abusers number
- Avoid contacting you abuser online