PARC Safety Plan Tool

*This tool is designed for you to use in whatever way is best for you. You can fill it all out, only fill out some pieces, or choose to not fill it out at all. It is designed to help you think about your risks, options, and resources, so you are prepared if future violence or memories of the violence you have experienced occurs. A PARC advocate can help you fill this out if you’d like.*

**Ideas for Emotional Safety**

*When I am triggered or feeling upset:*

☐ Call someone who cares about me, like:

☐ Go to a safe, comforting place, like:

☐ Participate in an activity I love, like:

☐ Try a self-care technique, like coloring, breathing exercises, eating a meal I enjoy, or:

☐ Repeat my mantra:

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**Ideas for Technology Safety**

☐ Block my perpetrator’s phone number & social media presences on:

☐ Block my perpetrator’s friends’ phone numbers & social media presences on:

☐ Make my online accounts and social media private

☐ Adjust my location services and tagging preferences

☐ Check location services on my phone & consider the possibility of tracking software

☐ Consult LTS for help checking my phone or computer for spyware

☐ If it makes me feel safer, download and use an emergency app for when I am walking alone, such as Circle of 6 or Red Panic Button

☐ Other ideas or notes:
Ideas for Physical Safety On-Campus

These are times & places on campus I might run into my perpetrator:

Strategies for avoiding my perpetrator that I will try are:

☐ If possible, avoiding places I know they will be
☐ Requesting a class schedule change (you can ask PARC for help)
☐ Have friend(s), classmate(s), coworker(s) walk or sit with me so I won't be alone
   Some people I could ask:

☐ Speak to my professor or boss about changing my assigned seat, group assignment, etc. (you can choose to disclose why, or not, or ask PARC for help)
☐ I will schedule to arrive/leave, early/late, to avoid seeing my perpetrator outside

If I feel threatened or unsafe when I am on campus, I can go to these places where I feel safe:

Other physical safety-planning tools:

☐ Request a No-Contact Order from the Dean of Students Office
☐ Pursue a restraining order from the local court
☐ Contact DCL to switch rooms and/or buildings (or ask PARC for help)
☐ I will provide my neighbors with a picture or description of my perpetrator

I will use a code word so I can alert my friends, family, roommates and/or neighbors to call for help without my perpetrator knowing. My code word is:

Other ideas or notes:
Other Ideas for Safety

I can tell these people some details about what is going on to help me stay safe (ideas: *keep an eye out for this person, don’t tell anyone my whereabouts, exchanging contact info with neighbors*):

If I have to leave in an emergency, I will go to a place that is safe and ideally unknown by my perpetrator. I could to one of these places:

Other ideas or notes:

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**Important Resources:**

- **Brandeis Police:** 781-736-3333
- **Other police:** 911
- **PARC 24/7 hotline:** 781-736-3370
- **Brandeis Counseling Center (BCC) - 24/7 emergency line:** 781-736-3785
- **Brandeis Counseling Center (BCC) office line (for appointments):** 781-736-3730
- **DCL:** 781-736-5060 (business hours; after hours call Brandeis Police)
- **REACH Against Domestic Violence (24/7):** 800-899-4000
- **Boston Area Rape Crisis Center (24/7):** 800-841-8371

My important contacts:

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50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Fly a kite
- Write a Letter
- Watch the stars
- Learn something NEW
- Read a Book
- Notice Your Body
- Call a Friend
- Buy some Flowers
- Sit in NATURE
- Move twice as slowly
- Take Deep Belly Breaths
- Meditate
- Walk Outside
- Eat a meal in SILENCE
- Examine an everyday object with Fresh Eyes
- Drive somewhere NEW
- Go for a run
- Turn off all electronics
- Go to a park
- pet a furry creature
- Go to a Farmer's Market
- Create your own coffee break
- Forgive Someone
- View some ART
- read or watch something funny
- Color with crayons
- Make some MUSIC
- Climb a Tree
- Let go of something
- Put on some music and DANCE
- Do some gentle stretches
- Print on a surface other than paper
- Write a quick poem
- Read poetry
- Engage in small acts of kindness
- Give Thanks
- Karen Hornfeck-Ginter www.karenhg.com Art by Paula Harden www.chart-magic.com