

# PARC Safety Plan

DATE: .....

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 would be happy to 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:

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☐ GO TO A SAFE, COMFORTING PLACE:

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☐ PARTICIPATE IN AN ACTIVITY I LOVE:

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☐ REPEAT MY MANTRA:

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☐ TRY A SELF-PRESERVATION TECHNIQUE, LIKE A BREATHING EXERCISE, OR:

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☐ OTHER IDEAS:

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## Ideas for technology safety

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**BLOCK MY PERPETRATOR'S PHONE NUMBER & SOCIAL MEDIA ON:**

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**BLOCK MY PERPETRATOR'S FRIENDS' PHONE NUMBERS & SOCIAL MEDIA ON:**

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**MAKE MY ONLINE ACCOUNTS & SOCIAL MEDIA PRIVATE**

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**ADJUST MY LOCATION & TAGGING PREFERENCES**

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**CHECK ON LOCATION SERVICES ON MY PHONE & FOR TRACKING SOFTWARE**

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**CONTACT LTS FOR HELP CHECKING MY PHONE & COMPUTER SPYWARE**

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**IF IT MAKES ME FEEL SAFER, DOWNLOAD OR USE AN EMERGENCY APP FOR WHEN I'M ALONE, SUCH AS: CIRCLE 6, RED PANIC BUTTON, OR:**

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☐

**OTHER IDEAS:**

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## Ideas for physical safety on-campus

### ☐ THESE ARE TIMES & PLACES ON-CAMPUS I MIGHT RUN INTO MY PERPETRATOR:

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### ☐ STRATEGIES FOR AVOIDING MY PERPETRATOR THAT I WILL TRY ARE:

- ☐ If possible, avoiding places I know they will be
- ☐ Request a class schedule change (or ask PARC for help)
- ☐ Have friend(s), classmate(s), or co-worker(s) walk or sit with me
- ☐ contact LTS for help checking my phone & computer spyware
- ☐ if it makes me feel safer, use an emergency app, such as Circle 6, Red panic button, or: .....

### ☐ IF I FEEL UNSAFE ON-CAMPUS, I CAN GO TO THESE PLACES WHERE I FEEL SAFE:

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### ☐ OTHER IDEAS:

- ☐ Request a no contact order from the Dean of Students Office
- ☐ Pursue a protection order from the local court
- ☐ Contact DCL to switch rooms and/or buildings (or ask PARC for help)
- ☐ Provide my neighbors with a picture or description of my perpetrator(s)
- ☐ Change my routine

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**I WILL USE A CODE WORD SO I CAN ALERT PEOPLE I TRUST TO CALL FOR HELP WITHOUT MY PERPETRATOR KNOWING. MY CODE WORD IS:**

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**OTHER IDEAS:**

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## **Other Ideas for Safety**

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**I CAN TELL THESE PEOPLE SOME DETAILS ABOUT WHAT'S GOING ON TO HELP ME STAY SAFE:**

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**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 GO TO ONE OF THESE PLACES:**

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**MY IMPORTANT CONTACTS:**

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## OTHER RESOURCES:



### Brandeis Counseling Center Emergency Consultation

781-736-3730

Press 2 after-hours to be  
connected to on-call counselor



### Newton Wellesley Hospital Emergency Department (SANE)

617-243-6193

24/7 emergency department; can  
call in sexual assault nurse examiner  
(SANE) when patient arrives



### Public Safety/Police

781-736-3333 (call; on-campus)  
911 (call or text; off-campus)



### Department of Community Living

781-736-5060

Call Public Safety for after hours  
emergency (781-736-3333)



**Boston Area Rape Crisis Center**  
800-841-8371



**REACH Beyond Domestic Violence**  
800-899-4000

## Ideas for self-preservation



Stare at the ocean



Stare at the sky



Dance



Color with crayons



Go for a bike ride



Watch a familiar show or movie



Listen to a funny podcast



Take a few deep breaths



Pet a furry animal



Eat a meal



Write in a journal



Take a shower



Call a loved one



Go for a walk or drive without a set destination



Stretch