Domestic Violence and Abusive Relationships Safety Plan

University of Maryland, Baltimore County

SARVRT:
Sexual Assault and Relationship Violence Response Team

Adapted from documents distributed by:
Break the Cycle, www.breakthecycle.org
The University of Maryland Sexual Assault Response and Prevention Program (SARPP), www.umd.edu/mentalhealth/SARPP
Relationship Violence Awareness and Prevention Program at UMBC, www.umbc.edu/rvap

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THE UMBC GUIDE TO SAFETY PLANNING:

I. Introduction to Safety Planning

II. Useful Definitions

III. Staying Safe on Campus

IV. Staying Safe Where I Live

V. Staying Safe Emotionally

VI. Preparing to Leave the Relationship

Resources
I. Introduction to Safety Planning

PURPOSE STATEMENT
UMBC is committed to providing an environment that supports the safety and health of all students, staff, faculty, and visitors of our campus. UMBC recognizes that a safe learning and working environment is beneficial to both student and employee performance. Relationship violence can have an adverse influence on academic progress, work performance, and one’s overall health and wellness. The planning process seeks to provide strategies, consolidate information, and identify resources for campus members experiencing relationship violence, regardless of the status of the relationship.

What is a safety plan?
A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. It includes information specific to you and your life that can help break the cycle of interpersonal violence. A good safety plan helps you think through lifestyle changes that can help keep you as safe as possible on campus, in the residential community, and other places that you go on a daily basis.

Why is it a good idea for me to have a safety plan?
Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is harmful to you, it is important for you to know that their abusive behavior is not your fault and that you cannot control another person’s behaviors or actions. It is also important for you to start thinking of ways to help keep yourself safe from the behavior, whether you decide to end the relationship or not. While your partner’s behavior and choices are beyond your control, the plan creates a framework for you to take action and find support to keep yourself as safe as possible.

How do I make a safety plan?
Take some time to go through each section of this safety plan. You can complete the workbook on your own, or you can work through it with someone else you trust. A member of the Sexual Assault and Relationship Violence Response Team (SARVRT) can also support you through this process.

Keep in Mind:
- In order for this safety plan to work for your situation, you’ll need to fill in personalized answers so you can use the information when you most need it.
- Once you complete your safety plan, be sure to keep it in an accessible but secure location, such as emailing a copy to a secure email address. You might also consider giving a copy of your safety plan to someone that you trust.
Getting support from someone who has experience working with college students in abusive relationship can be very useful. While your friends are great support, seeking out these experienced people will help keep your supportive relationships balanced. Many resources on the UMBC campus that are here to help you to include the SARVRT. Please see the “Resources” section of this guide for more details.

While there is no way to guarantee full and absolute safety, creating a safety plan can be helpful in many situations. Remember that you are not alone in this process. There are many people on campus and in the community who are here to help you.

Understand that you are not to be blamed for being abused or being in an emergency situation.

Please note that safety planning is meant to reduce risk as much as possible, whenever possible. This document is not meant to imply full protection from harm.

_Inclusion Statement:_
It is important to note that domestic violence and relationship violence can occur within every community. It does not discriminate based on race, ethnicity, gender, sexual orientation, socioeconomic class, age, ability, or education level. The safety plan outlined below can be used by anyone regardless of sex, gender, gender expression, and sexual orientation and/or any other important social identity to you such as race, socioeconomic status, religion, ability, or age. The SARVRT seeks to support and provide the most appropriate response to each individual. Working with a member of the SARVRT can help you explore the best resources for you.
II. Useful Definitions

**Domestic Violence and Relationship Violence**

According to the National Center for Victims of Crime, domestic violence is the willful intimidation, assault, battery, sexual assault or other abusive behavior perpetrated by an intimate partner against the other. Violence in any form (i.e. physical, emotional or verbal) between two people in a dating relationship is considered relationship violence. According to the National Coalition Against Domestic Violence, 1 in 4 women will experience some kind of domestic violence in her lifetime. Within the LGBTQ community, 1 in 4 individuals will experience some kind of domestic violence. Common examples of domestically violent behavior are belittlement, humiliation, control, or physical or sexual abuse against a romantic partner.

**Abusive Relationship**

Relationship abuse can occur in any relationship, whether the individuals are dating, in a long-term relationship, or married. Victims and abusers can be of any gender and of any sexual orientation. Relationship abuse occurs when someone uses abusive behaviors to control and manipulate another person.

Relationship abuse is manipulative or abusive behavior towards an intimate partner. While this form of abuse is frequently portrayed as physical or sexual, it can also be financial, verbal, emotional, and even academic. Aside from bodily harm, relationship abuse also has a profound impact on a victim's mental health, self-image as well as his/her view of others. All types of abuse are valid reasons to end a relationship, and people who are subjected to any type of abuse deserve help.

Read more at UMBC’s Relationship Violence and Awareness site: [www.umbc.edu/rvap](http://www.umbc.edu/rvap)

**Stalking**

Stalking refers to a pattern of unwanted or annoying conduct directed at one person and which causes fear in that person. Stalking is often confused with harassment. While both are illegal and involve an unwanted course of action, stalking involves: UNWANTED CONDUCT + FEAR.

*Cyber Stalking* is the use of the Internet, e-mail, text messages, Facebook/social networks/online communities, or other telecommunications technology to harass or stalk another person. Read More at UMBC’s Relationship Violence and Awareness site: [http://umbc.edu/rvap/stalking/](http://umbc.edu/rvap/stalking/)
Types and Examples of Abuse:

- **Verbal/Emotional/Psychological:** Put downs, name calling, threats, spreading rumors, blaming, shaming, yelling, isolation from friends/family, intimidation, humiliation, manipulation, monitoring phone calls, suicide threats, jealousy, possessiveness, stalking

- **Physical:** Hitting, slapping, pulling hair, shoving, choking, restraint, kidnapping, pinching, abuse of property, abuse of pets, using or threatening to use a weapon

- **Sexual:** Making demeaning sexual remarks, forced sexual activity & rape, forced viewing of pornography, sabotage of birth control, non-consensual touching, undue pressure to carry a pregnancy to term or abort a pregnancy

- **Economic:** Infringing on a job or activity that will lead to a job and independence (example: compelling you to spend so much time together that it affects your ability to be successful at school/college), controlling money/bank accounts, withholding finances to meet household bills or children’s needs, withholding financial information, or putting on an allowance
The Power and Control Wheel

The Power and Control Wheel links the different behaviors that together form a pattern of violence. It shows how each behavior is an important part of the overall effort to control someone.

The Equality Wheel

The Equality Wheel offers a view of a relationship that is based on equality and non-violence.

Read More at UMBC’s Relationship Violence and Awareness site: http://umbc.edu/rvap/rvap/types-of-abuse/
III. Staying Safe on Campus

A GUIDE TO FAMILIARIZING MYSELF TO MY SURROUNDINGS AND SOME OF THE RESOURCES THAT I CAN USE

Some of the safer routes I can take to get to class are:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

I will try to avoid the following places where I may potentially run into my abuser:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

I will always try to walk with a group or a friend. I will ask _____________________

and _________________________ . I can also use the 24 hour Campus Escort Service

(Through Campus Police: 410-455-5555) to ensure that I am not walking across the campus

alone.

I will do my best to reduce personal isolation whenever it can be done. I will do my best to seek

opportunities to build and maintain social supports through campus groups, friends, religious

and/or community organizations. Some people and groups I can connect with in order to reduce

personal isolation are:

- Campus Groups: ____________________________________________________________

- Friends: _____________________________________________________________

- Religious and/or Community Organizations: ________________________________
I can be aware of the location of Blue Safety Lights around campus and use them for immediate assistance from the University Police. Some Blue Safety Light locations I’m aware of on campus are: ________________________________

I can build relationships with people on campus so that they are more inclined to help me should I need it. For example, if I live on campus, I can get to know my Resident Assistant (RA) or Community Director (CD). I can also reach out to faculty, staff, and classmates. Some people I can consider getting to know better are:

________________________

I can go to the Office of Student Judicial Programs if the abuser is a student to report a violation of the Code of Student Conduct. The contact information for the Office can be found at www.umbc.edu/sjp or by calling 410-455-2453 or emailing conduct@umbc.edu.

I can utilize the Office of Student Judicial Programs to enact restriction and no contact orders in an effort to reduce my abuser’s access to me.

If I need to rearrange my schedule in order to avoid my abuser, I can contact the Registrar. (Please see the “Resources” section of this guide for more information).

If I need to transfer residence halls in order to avoid my abuser, I can contact the Office of Residential Life. (Please see the “Resources” section of this guide for more information).

While remaining in social contact:
• The following are people who my abuser will listen to or people in whose presence he or she is more likely to control his or her own behavior: ________________________________
  or ________________________________
• I will do my best to reduce personal isolation whenever possible (see “Staying Safe on Campus” for details).
• I can program my phone with the number for the University Police. That number is 410-455-5555.
• I can let the University Police know who the abuser is so that they have his or her name on file.
• I can file a complaint with the Commissioner of the local court to enact a peace or protective order.
• I can protect the privacy of my communications. I can dial *67 before the number I wish to call in order to block caller ID and automatic recall functions.
• I can change my email and block my abuser on Facebook and other social media outlets.
IV. Staying Safe Where I Live

A GUIDE TO FAMILIARIZING MYSELF TO MY SURROUNDINGS AND SOME OF THE RESOURCES THAT I CAN USE

I can tell these people about my relationship with my abuser:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I want my roommate(s) to know that:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

If my roommate(s) is/are away I will ask ________________ or ________________ to stay with me.

If I decide to leave my home, apartment or residence hall, I will ________________________________
I can practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes could I use?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

If I have to leave where I live, I can go ________________________________

If I cannot go to the location above, I can go to: ________________________________
Or: ________________________________
When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as: ___________________________ or ___________________________. (You may want to consider deferring an argument in the bathroom, garage, and kitchen, areas near weapons\(^1\), or in rooms without access to an outside door. If you have a choice, consider discussing a charged topic in a public or common area. A community space would be a good option within a residence hall.)

A code word that I could use to signal for help to my friends, family, RA, suitemates or other students around room without my abuser knowing is ___________________________.

I can tell ___________________________ (friend, family member, neighbor) about the violence and request that they call the police if they hear suspicious noises coming from where I live.

I will always remember to keep my cell phone in my pocket or very close to me so I can call someone in case of emergency. I will store the emergency contact number for the police (410-455-5555 for on campus and 911 for off campus) in my speed dial. In an emergency situation, if I cannot immediately reach the police, I will hit redial so that the last person I called will be contacted and can hear me with my abuser. If I have a smart phone, I will consider using an application such as “Circle of Six” that supports my persona safety in addition to emergency phone numbers.

I will always remember to lock my door when I leave and when I get home.

\(^1\) Weapons are not allowed on UMBC’s campus and should be reported to campus police.
IV. Staying Safe Emotionally

A GUIDE TO FAMILIARIZING MYSELF TO MY SURROUNDINGS AND SOME OF THE RESOURCES THAT I CAN USE

I understand that I am a strong person and I possess great qualities like:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Sometimes, my abuser says things that make me feel bad about me. They are:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

I know that these things are not true and my abuser says these things to exercise power and control. I know my abuser is wrong because:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

If my abuser finds my room and gains access to my room, I will:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

A code word that I could use to signal for help to my friends, family, RA, suitemates or other students around my living space without my abuser knowing is: ____________________________
I will always remember to keep my cell phone in my pocket or very close to me so I can call someone in case of emergency. I will store the emergency contact number for the police (410-455-5555 for on campus and 911 for off campus) in my speed dial. In an emergency situation, if I cannot immediately reach the police, I will hit redial so that the last person I called will be contacted and can hear me with my abuser. If I have a smart phone, I will consider using an application such as “Circle of Six” that supports my personal safety in addition to emergency phone numbers.

If I am a student, I will consider using the counseling services at University Counseling Services (UCS) to help support me during this challenging time. If I am physically injured or sexually assaulted, I can go to a local hospital emergency room, University Health Services (UHS) or UCS for help and guidance. If I am a faculty or staff member, I will consider seeking personal counseling services off campus, or use the Employee Assistance Program (EAP) to connect with counseling resources. EAP information is located on UMBC’s Human Resources website.

I will stay as physically active as possible and consider taking an ongoing self-defense course. While I understand that this is not a failsafe method of prevention, the most effective courses allow for long-term muscle memory development that improve reflective and responsive action. I also understand that self-defense courses can be helpful in developing a sense of emotional well-being and increased self-esteem.

One person I feel safe talking to about this is (name): ________________________________

*I understand my abuser is responsible for his/her own choices and actions, and I am not to be blamed for being abused or being in an emergency situation.*
V. Preparing to Leave

A GUIDE TO FAMILIARIZING MYSELF TO MY SURROUNDINGS AND SOME OF THE RESOURCES THAT I CAN OWN

I recognize that my abuser may react in ways that may be dangerous if I take steps to leave this relationship, and my abuser is responsible for their own health and choices. If and when I choose to leave the relationship I can use some or all of the following strategies to support my safety:

- If my abuser is a UMBC student, I can charge my abuser with violating the Code of Student Conduct through the Office of Student Judicial Programs. I can also contact the Women’s Center and the University Counseling Services for additional emotional support during this time. (Please refer to the “Resources” section of this guide for more information on how to contact these campus resources).

- I can contact the following community resources to help me navigate the complex issues I may face when I try to leave the abusive relationship:
  - UMBC Campus Resources to include the SARVRT (Please refer to the “Resources” section of this guide for more information on how to contact these campus resources)
  - Baltimore County 24 Hour Sexual Assault and Domestic Violence Hotline 410-828-6390
  - Turnaround, Inc. 410-377-8111

- If I live on campus, I can talk to the staff in Residential Life about moving to a different room on campus. (Please refer to the “Resources” section of this guide for more information on how to contact this campus resource.)

- I can obtain a No Contact Order from the Office of Student Judicial Programs, if I choose to report the abuse or stalking to them. The No Contact Order is a directive issued by the Office of Student Judicial Programs which prohibits any contact between the two UMBC students. Once a No Contact Order is issued by the Office of Student Judicial Programs, any further contact initiated by the abuser or the stalker makes him or her subject to additional charges under the Code of Student Conduct. I understand that once I obtain a No Contact Order that I am no longer allowed to contact the abuser/stalker and that if I do I may face charges under the UMBC Code of Student Conduct.
● I can obtain a Restraining, Peace, or Protective Order by going to the clerk’s office in the Courthouse located on Walker Ave. near the entrance to UMBC or at a courthouse in the county or city where I live.

● If the abuser violates the Peace or Protective Order, I can file a criminal complaint with the University of Maryland Baltimore County Police Department, the Baltimore County Police, or the police department in the jurisdiction where the violation occurred. I can contact UMBC Police to help me with this process.

● I can put a “hold” on all my personal information through the Registrar’s Office (410-455-2500) to prevent the abuser or stalker from accessing my personal information through the University directory.

● I will open my own bank account if I do not already have one.

● I can make it a habit of keeping the car gas tank full, keeping enough cash on hand, or maintaining a transit card or other access to transportation to help me leave quickly.

● If I live with or near my abuser, I will have a bag ready with these important items in case I need to leave quickly (check all that apply):
  □ Cell phone and charger
  □ Laptop
  □ Spare Money/ATM Card
  □ Keys
  □ Driver’s license, passport, or other form of ID
  □ Copy of restraining order
  □ Birth certificate, social security card, immigration papers, and other important documents
  □ Change of clothes
  □ Medications
  □ Special photos or other valuable items
  □ If I have children, anything that they might need

● I can leave my bag of essential items in the following location: ____________________________ (at home, with a friend/family member) so that I can leave quickly.
Resources

A GUIDE TO FAMILIARIZING MYSELF TO MY SURROUNDINGS AND SOME OF THE RESOURCES THAT I CAN USE

On Campus Resources

SEXUAL ASSAULT AND RELATIONSHIP VIOLENCE RESPONSE TEAM (SARVRT) members:
- Frank Caldwell, Residential Life 410-455-2591
- Lee Calizo, Student Life 410-455-1754
- Jeff Cullen, Student Judicial Programs 410-455-8755
- Davonya Hall, Student Judicial Programs 410-455-2453
- Kim Leisey, Associate Vice President of Student Affairs 410-455-2393
- Jennifer K. Lepus, University Health Services 410-455-3751
- Jess Myers, Women’s Center 410-455-2714
- Alison Rohrbach, Health Education 410-455-1599
- Amy Sine, Residential Life 410-455-3932
- Bruce Perry, University Police 410-455-2891
- Patricia Wick, University Counseling Services 410-455-2472
- Stephanie Lazarus, Human Relations Manager 410-455-5745

UNIVERSITY COUNSELING SERVICES - Provides supportive counseling and referrals to additional community resources as needed or appropriate. 410-455-2472

UNIVERSITY POLICE - Provides 24 hour police services and resources, liaison with other agencies, court system, medical facilities and criminal investigations. 410-455-5555

WOMEN’S CENTER - Provides appropriate referrals to on and off campus services and houses a variety of literature and resources about sexual and relationship violence. 410-455-2714

UNIVERSITY HEALTH SERVICES - Provides general medical care, STD testing, free and anonymous HIV testing and pregnancy testing. 410-455-2542

HUMAN RELATIONS MANAGER/TITLE IX COORDINATOR - Coordinates and advises on matters involving equity and inclusion in addition to overseeing several campus training initiatives, including sexual harassment prevention, disability accommodation, sexual assault awareness and response, and employment discrimination prevention. 410-455-5745
Community Resources

DOMESTIC VIOLENCE CENTER OF HOWARD COUNTY - Provides counseling, legal assistance and emergency shelter for victims of domestic violence.
   5457 Twin Knolls Road, Suite 310
   Columbia, Maryland 21045
   Phone: 410-997-0304
   24 Hour Hotline: 410-977-2272 / 1-800-752-0191

FAMILY CRISIS CENTER OF BALTIMORE COUNTY - Provides shelter and individual and group counseling for victims of domestic violence. Located in Southeastern Baltimore County.
   Safe Shelter: 410-285-7496
   Counseling Services: 410-285-4357

FAMILY & CHILDREN'S SERVICES of Central MD - Offers shelter services and support groups for victims.
   7000 Security Boulevard, Suite 302
   Baltimore, MD 21244
   Phone: 410-281-1334
   24 Hour Hotline: 410-828-6390

TURNAROUND, INC - Offers shelter, support groups for domestic violence, rape and incest.
   6229 North Charles Street
   Baltimore, MD 21212
   Phone: 410-377-8111

HOUSE OF RUTH - Shelter for victims and counseling for victims and perpetrators.
   24-Hour Hotline: 410-889-RUTH

BALTIMORE COUNTY DOMESTIC VIOLENCE REFERRAL PROGRAM – Offers resources and referrals for victims of domestic violence and sexual assault.
   24-Hour Crisis Hotline: 410-828-6390

HOWARD COUNTY HEALTH DEPARTMENT - Offers free STD testing for sexual assault victims.
   7180 Columbia Gateway Drive
   Columbia, MD 21046
   Phone: 410-313-7500
THE NATIONAL DOMESTIC ABUSE HOTLINE provides help and resources to people in abusive relationships and can be reached by phone at (800) 799-SAFE (7233) or online at ndvh.org.

THE NATIONAL CENTER FOR VICTIMS OF CRIME WEBSITE provides information to individuals who are experiencing stalking, domestic violence, sexual violence, and other related crimes. Visit www.victimsofcrime.org for specific information.

MERCY HOSPITAL – Offers SAFE (Sexual Assault Forensic Examiner) Program for sexual assault victims.
   301 Saint Paul Street
   Baltimore, MD 21202
   SAFE Program: 410-332-9499
   Emergency Room: 410-332-9477

GREATER BALTIMORE MEDICAL CENTER (GBMC) – Offers SAFE (Sexual Assault Forensic Examiner) Program for sexual assault victims.
   6701 North Charles Street
   Baltimore, MD 21204
   SAFE Program: 443-849-3323
   Emergency Room: 49-849-2226

The following UMBC staff can contact a local cab company to transport a victim to GBMC or Mercy Hospital for a SAFE Exam. There will be no charge to the victim for this service.
   · Jennifer K. Lepus, University Health Services (410) 455-3751
   · Amy Sine, Residential Life (410) 455-3932
   · Jess Myers, Women’s Center (410) 455-2714
   · Kim Leisey, Office of Vice President of Student Affairs (410) 455-2393
   · Patricia Wick, University Counseling Services (410) 455-2472