

# Hitchhiker's Guide to Safety Planning

Safehome me

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# Objectives

- Introduction
- Safety Planning vs Risk Reduction
- Defining Your Role in Responding
- How to Respond to Victims
- Specific Safety Plans
- Scenarios
- Questions



**DON'T  
PANIC**

# Safety Planning vs Risk Reduction

# What is Safety Planning?

## Prevention

- Risk Reduction

## Intervention

- Safety Planning

# Risk Reduction

16. Wear proper footwear because it's hard to run in high heels. Avoid wearing restrictive clothing. When you do wear heels, make sure they are easy to take off if you ever needed to run. They can be a weapon!

By locking the doors you are making yourself a less desirable victim. You're best bet is to lock up & LEAVE.

7. Don't be shy to ask for an escort to your car. If you're with friends, ask them to walk with you to your car. **Have your keys ready in your hands... Keys can also be used as a weapon.**

realize that going after you isn't worth it because it will be time-consuming. These men said **they will not pick on women** who have umbrellas, or other similar objects in their hands that can be used from a distance. **Keys are not a deterrent** because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth it.

- The #1 thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.

## GIRLS BE CAREFUL

WHAT SHOULD A WOMAN DO IF SHE FINDS HERSELF ALONE IN THE COMPANY OF A STRANGE MALE



Please spread it to all those women, sisters, friends u care

# #safetytipsforladies



**Leslie Anderson**

@inkhat



Don't walk home alone when it's dark. Even a little dark. Or might be dark. Don't walk home. Or walk. Levitate. [#safetytipsforladies](#)

7:34 PM - 25 Mar 2013



**Sarahphina** @PhinaMcGregs

Most rapes happen inside or outside. Avoid these places

[#safetytipsforladies](#)

Expand



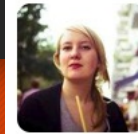
**Katharine Heller**

@spkheller



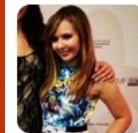
Since most rapes are committed by someone you may know, un-know everyone [#safetytipsforladies](#)

3:23 PM - 25 Mar 2013



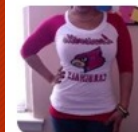
**Hilary Bowman-Smart** @hilar...

If you hide your forearms in your sleeves, the rapist will mistake you for a T-Rex and carry on his way [#safetytipsforladies](#)



**Amy Doherty** @amyLOUDoherty

Carry a whistle, people may think you are a high school football coach and respect your autonomy [#safetytipsforladies](#)

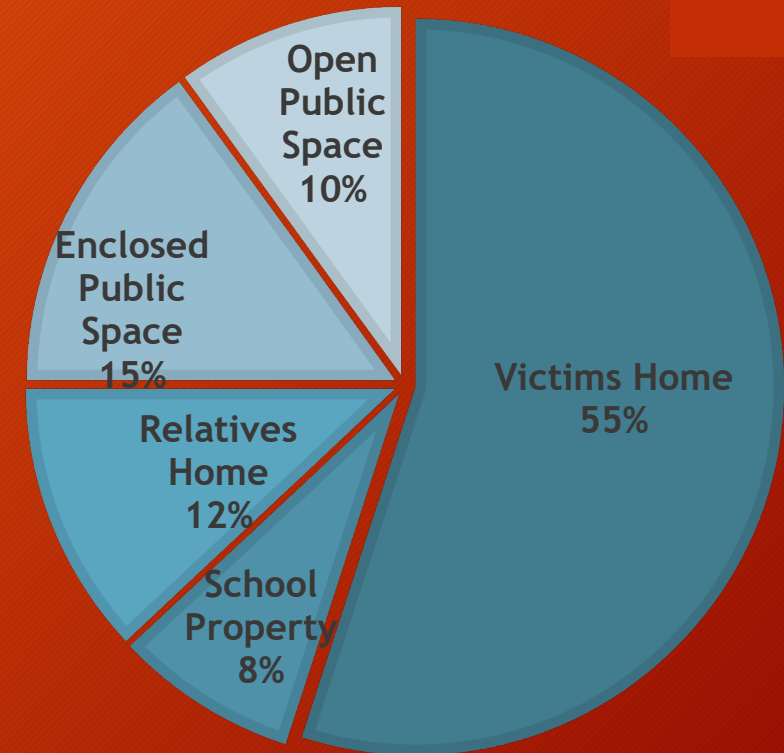


**Brokey McPoverty** @brokeym...

throwing a green shell at attackers may thwart them, but use a red or blue shell to ensure a hit. [#safetytipsforladies](#) [#mariokart](#)

- 70-90% of victims of sexual assault know the perpetrator
  - Current partner
  - Former partner
  - Acquaintance (friend, friend of friend, classmate, neighbor, church member, coach)
  - Family Member

▶ 55% of assaults take place in the victims home

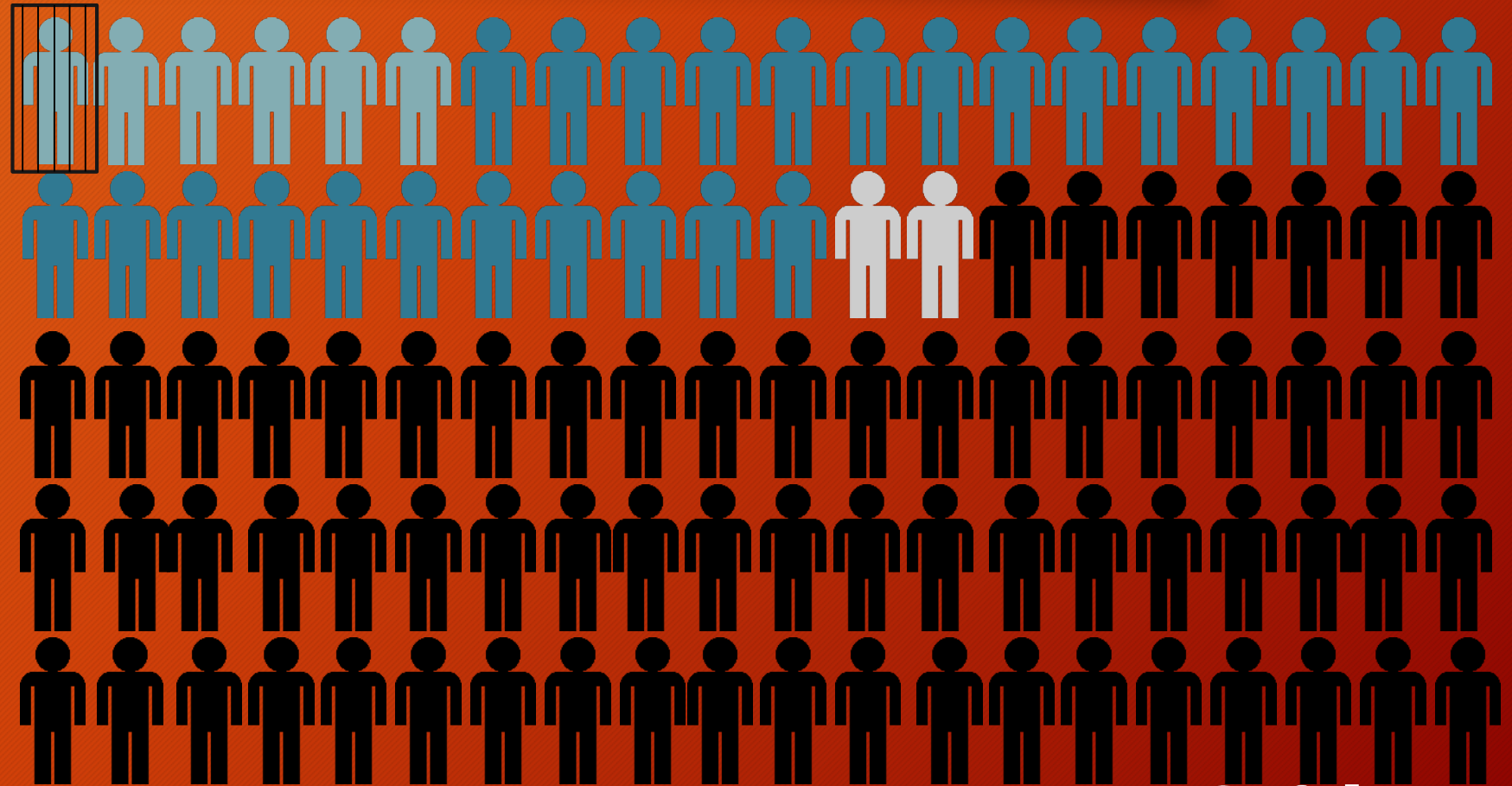




# Myth of false reporting

For every 100 rapes:

- Only 33 are reported
- Only 6 (5.7) lead to an arrest
- Only 2 are found to be falsely reported
- Only 1 (.6) ever spends time in jail





# Why do we victim blame?

- <https://www.youtube.com/watch?v=Op14XhETfBw>
- Just World Model
  - Belief: The world is largely just. Therefore ‘good things happen to good people and bad things happen to bad people’.
  - Explain rape by looking for ‘bad’ behavior by the victim that would indicate that she somehow deserved, caused or left herself open to it
- Self-Protection
  - Blaming the victim to maintain a sense of their own, or their loved ones, invulnerability to rape

# Defining Our Roles

# Boundaries of our responsibility

Supporting

Reporting

Investigating

# How to Respond to Victims



# Survivor Trauma Responses v. Characteristics of Lying

- Increased blood pressure, heart rate and respiration
- Less cooperation
- Inconsistent story, with few details
- Flat affect or overemotional
- Difficulty performing cognitive tasks
- Seems disorganized
- Unusual rigidity

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# Coping & Grounding

- Connect to the 5 Senses
- Hot & Cold
  - Drink ice water, hot tea, etc.
  - Hold an ice pack or heating pad
- Breathe Together
- 5-3-1
  - Name 5 things that can be seen, 3 things that can be touched/ felt, and 1 thing that can be heard
- Butterfly Taps
  - Place your arms across your chest and tap back and forth
- Pace or Stretch
- Hold Something
  - Blanket, stress ball, rubber band



# Safety Plan

# Categories of Safety Planning

- Physical Safety
  - Housing
  - Transportation
  - Technology
  - Work
  - Classes
  - Collegiate Community
- Emotional Safety
  - Coping Skills
  - Self-care
  - Boundaries
- Financial Safety
  - Scholarships
  - Property Damage
- Support System
  - Friends and Family
  - Mentors, RA's, faculty
- Legal Considerations
  - Filing a report
  - Restraining orders (PFA/PFSSA)



# Lethality Risks

- Lethality Assessment or Danger Assessment:
  - Has this person use a weapon against you or threatened you with a weapon?
  - Has this person threatened to kill you?
  - Does this person own or have access to guns?
  - Has this person strangled or tried to strangle you?

# Safety Planning Resources

- End Violence Against Women
  - <http://www.endvawnow.org/en/articles/1090-safety-plans.html>
- Love is Respect
  - <https://www.loveisrespect.org/for-yourself/safety-planning/interactive-safety-plan/>
- MyPlan app - Colleges
  - <https://www.myplanapp.org/colleges>

# Scenarios



Monique and Chris met at Kansas University and have been dating for about six months. Although they have engaged in some sexual touching, they have never engaged in sexual intercourse. One night, as they are cuddling, Chris begins to put his hand down her pants. Monique tells Chris to stop, that she just wants to cuddle and watch a movie.

Chris then starts pressuring Monique to have sex with him. He tells her that they have waited long enough and if she really loved him, she would have sex with him. Chris then threatens to break up with her if they don't have sex. Monique verbally expresses her hesitance to have sex but then goes silent. Chris interprets Monique's silence as a sign that she has changed her mind and proceeds to get on top of her and penetrate her.

How do you respond within your role?



Adam came to the United States on a student visa to attend college, where he met his partner, Nathan. Nathan gets very upset with Adam when he speaks to other men, even male professors. He accuses him of cheating on him and sleeping with his teachers to get better grades. Adam is having difficulty focusing in class and frequently misses class because Nathan won't allow him to go. Adam is very worried about failing classes and losing his status.

How do you respond within your role?

# Questions?

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