## **Sexual Assault Safety Plan Worksheet**

<u>Directions</u>: Complete all sections of this safety plan worksheet. Keep a paper copy of this document and other important documents in a safe and secure place.

## 1. Who can help me and where can I go in case of an emergency?

The following are the names and contact information of people and places I can trust and can contact when I need social support or in the event of an emergency.

social support or in the event of an emergency.		
SARC/SAPR VA		
Family		
Friends/Neighbors		
SVC/VLC		
Command		
911/Military		
Police		
Domestic Violence		
Hotline		
IG		
2. What to do if I encounter the accu	used perpetrator?	
I will say the following		
I will do this to get away		
If I am at work, I will		
If I am driving, I will		
If I am walking/running/exercising, I will		
3. How can I stay safe when I go out (Public Safety)?		
I will not go there because the		
accused perpetrator frequents this		
place		
I will avoid unplanned interactions		
with the accused perpetrator by		
I will let this trusted person know when I arrive at places		
I will carry a defensive device (e.g., horn, whistle, etc, as permitted)		

I will make these changes to my home to become safer (e.g., lock room door, ensure locks are in good working order)		
I trust this neighbor and can contact this individual when I need social support or in the event of an emergency	(Name, Phone Number, & Address)	
5. How can I keep safe at work/school (Work/School Safety)?		
5. How can I keep sale at work/scho	or (work) school safety):	
This friend/security escort is available to me to/from my vehicle/public transportation when I am at work/school	(Name, Phone Number, & Address)	
I will make these modifications to ensure my workspace is a secure location (e.g., discuss with leadership, security office):		
I will make these adjustments to my work/school schedule to improve my safety (e.g., discuss with leadership schedule changes; change course times):		
6. What to do if I began to experience negative emotions/feelings about the event?		
If I begin to re-experience the assault, I will		
If I have thoughts of harming myself, I will		
If I have thoughts of harming others, I will		

4. How can I keep safe in my home (Barracks/Quarters/Home Safety)?