

# Safety Planning

Many people who experience sexual violence have concerns about their safety. These may include seeing the person who assaulted them or being contacted by that person or that person's friends.

## RIT safety plan

A safety plan can be developed according to your unique circumstances to help you limit or avoid contact with the other person in university classes, housing, activities, programs, or the workplace. If your academic studies are affected, the University can provide academic accommodations. You can work with the Public Safety Department, Title IX Office, University Advocates or CARES (Campus Advocacy, Response and Support) to create a safety plan, even if you chose not to make a report to the police or request a formal University investigation.

## General safety planning

Sometimes sexual assault can happen in the context of a dating relationship, which raises unique safety concerns. Your safety and well-being are of the utmost importance. Take threats seriously. If you feel unsafe, trust your instincts. Making a safety plan before you need it will help hone your instincts to be able to react quickly in case of an emergency. Some things to consider include:

- **Who you can call when you need help.** Alert people you trust about your safety concerns. Identify which friends, family members, roommates, or others, such as a boss, a professor or a counselor who would be willing to help you. Contact Public Safety (Telephone 585-475-3333 – Text 585-205-8333) or 911 if you are on campus and in immediate danger. Call 911 if you are off the RIT campus. You can also contact Public Safety by using any of the emergency blue light telephones on campus or by using the TigerSafe App (<https://apparmor.apparmor.com/clients/rit.edu/>)
- **Safe places.** Locate a few places where you know you will be safe. Practice how to get out of a place if you think things are getting dangerous. Plan how you may reach the safe place, whether you can drive yourself, take a bus, or find a friend to drive you.

- **Keep important things with you at all times.** This might include a cell phone and charger, wallet with driver's license, money, credit cards, bank cards, and/or passport, keys, a copy of any protection order, and medication. You can also pack a bag in advance and leave it with a friend.
- **Changes at home.** Decide if you feel safe at your current residence or if you would like to move or stay somewhere else. If you want to stay at home, consider actions like changing locks, moving your furniture around for an easy escape, and other options.
- **Changes at school or work.** Decide if you can make changes in your school or work schedule. RIT Public Safety can conduct a security assessment of your on campus housing assignment or workplace and make suggestions on how to make it safer.
- **Changes to your daily routine.** The perpetrator may know your schedule. Try new routes to school or work and/or change where you park, study, eat meals etc.
- **Use the buddy system.** You may feel safer if you are with trusted friends. Public Safety is also available 24/7 for escorts around campus.
- **Check places online where you have identifying information.** This might include the RIT student database, Facebook, SnapChat, Instagram or other networking websites, and departmental and class websites among others. You might search for yourself to see what identifying information comes up and then decide whether to remove anything.
- **Consider filing a police report for an incident.** You will create a record that may help in future situations.
- **Consider filing for an order of protection.** An order of protection is issued by the court to limit the behavior of someone who harms or threatens to harm another person. It is used to address various types of safety issues, including, but not limited to situations involving domestic violence. Family Courts, Criminal Courts, and Supreme Courts can all issue orders of protection. More information about protection orders can be provided at the Center for Women & Gender and the Public Safety Office.

## CONFIDENTIAL RESOURCES

Advocates provide a confidential place for you to seek support, information and assistance if you have experienced sexual assault, sexual harassment, intimate partner violence or stalking.

- **RIT Counseling and Psychological Services Center**  
Call (585) 475-2261  
caps@rit.edu  
[www.rit.edu/counseling](http://www.rit.edu/counseling)
- **RIT Student Health Center**  
Call (585) 475-2255  
studenthealth@rit.edu  
[www.rit.edu/studentaffairs/studenthealth](http://www.rit.edu/studentaffairs/studenthealth)
- **RIT CARES**  
Call/text business hours (585) 475-2261  
Call/Text 24hr hotline (585)295-3533  
<https://www.rit.edu/studentaffairs/counseling/services/cares>
- **RIT Ombuds Office**  
Call (585) 475-7200  
ombudsask@rit.edu  
[www.rit.edu/ombuds/contact-us](http://www.rit.edu/ombuds/contact-us)
- **Center for Religious Life**  
Call (585) 475-5932  
srl@rit.edu  
[www.rit.edu/studentaffairs/religion](http://www.rit.edu/studentaffairs/religion)
- **NTID Counseling and Academic Advising Services**  
Call (585)-475-6468  
<http://www.ntid.rit.edu/caas>

If you reach out to the resources listed above, you may expect to:

- Share as much or as little information as you would like.
- Learn about common reactions to sexual assault, intimate partner violence, stalking, sexual harassment, trauma, and other experiences.
- Learn about resources available to you, your rights, and your reporting options.
- Make a holistic plan for managing and reducing the impact of the experience.

## NON-CONFIDENTIAL INTERNAL RESOURCES

Even RIT Offices and employees who cannot guarantee confidentiality will maintain your privacy to the greatest extent possible. The information you provide to a non-confidential resource will be relayed only as necessary for the Title IX Coordinator and/or to seek resolution.

- **RIT Public Safety**  
24 hours a day, 7 days a week  
585-475-2853  
585-205-8333 (Text)  
cscps@rit.edu  
[www.rit.edu/publicsafety](http://www.rit.edu/publicsafety)
- **RIT Title IX Office**  
585-475-7158  
[www.rit.edu/titleix](http://www.rit.edu/titleix)
- **Office of Diversity and Inclusion**  
585-475-6546  
diversity@rit.edu  
[www.rit.edu/diversity/](http://www.rit.edu/diversity/)
- **RIT Advocacy Program**  
585-475-5662  
studentconduct@rit.edu  
[www.rit.edu/studentconduct/advocacy.php](http://www.rit.edu/studentconduct/advocacy.php)
- **RIT Human Resources**  
585-475-2424  
hr@rit.edu  
[www.rit.edu/humanresources](http://www.rit.edu/humanresources)
- **RIT Student Government Office**  
585-475-4043  
sgstaff@rit.edu  
<https://www.rit.edu/studentgovernment/>  
Assistance with legal services provided at no cost
- **RIT Center for Student Conduct and Conflict Resolution**  
585-475-5662  
studentconduct@rit.edu  
[www.rit.edu/studentaffairs/studentconduct](http://www.rit.edu/studentaffairs/studentconduct)

- **International Student Services**  
585-475-6943  
iss@rit.edu  
[www.rit.edu/studentaffairs/iss](http://www.rit.edu/studentaffairs/iss)

## RIT PARTNERS

- **Willow Center**  
Call (585) 222-SAFE (7233) (24-Hour Hotline)  
Call (585) 348-SAFE (7233) (24-Hour Text line)  
[Willowcenterny.org](http://Willowcenterny.org)
- **IGNITE (formerly Advocacy for Deaf Abused Victims)**  
Call (585) 286-2713 (VP/Voice)  
DeafIGNITE@gmail.com  
<https://deafignite.org/>
- **RESTORE Sexual Assault Services**  
Call (585) 546-2777  
<https://restoresas.org>
- **New York State Domestic & Sexual Assault Violence Hotline**  
Call (800) 621-HOPE (4673)
- **NYS Police Sexual Assault Hotline**  
Call (844) 845-7269  
[Enough is Enough](#)
- **Monroe County Sheriff's Office**  
Call (585) 753-4178 or 911  
[www.monroecounty.gov/sheriff](http://www.monroecounty.gov/sheriff)
- **National Domestic Violence Hotline**  
Call (800) 799-7233  
Call (800) 787-3224 (TTY)  
24 hours a day, 7 days a week  
[www.thehotline.org](http://www.thehotline.org)
- **National Sexual Assault Hotline**  
Call (800) 656-4673  
24 hours a day, 7 days a week  
[www.rainn.org/about-national-sexual-assault-telephone-hotline](http://www.rainn.org/about-national-sexual-assault-telephone-hotline)

- **National Dating Abuse Hotline**  
Call (866) 331-9474  
Call (866) 331-8453 (TTY)  
24 hours a day, 7 days a week  
[www.loveisrespect.org](http://www.loveisrespect.org)