YOUR NEXT CHAPTER

You made it.

Now let's keep you safe.



Your first apartment. Your first college classes. New friends, new freedom, and a future you are building for yourself.

You worked hard to get here. You deserve to enjoy this chapter - to learn, explore, laugh, make memories and find your people.

Living away from home also means making decisions in unfamiliar situations. This guide gives you practical tools: how to recognize concerning behavior, set boundaries, plan a way home, look out for friends, and know who to call if something happens.

You do not have to be fearless, know every answer, or handle everything alone. You can change your mind, leave a situation, ask for help, and expect your boundaries to be respected.

Your safety matters. Your freedom matters. You matter.
A plan cannot guarantee that no one will hurt you. If someone does, it is not your fault. Support and care are available, and you deserve both.

Start with the emergency contacts and your personal plan. Keep this guide nearby - then go live your life.

START HERE

How to use this guide

Find the page you need. Start with contacts and a plan; return to other sections as needed.

Prepared, connected and supported
Recognize concerns, plan, get help and support friends. Written with young women in mind; useful to students of all genders.

KNOW. CONNECT. SPEAK. PLAN. RESPOND.

Know your options. Connect with trusted people. Plan a way out and get timely help.

Where to go

Everyday safety and boundaries	If something happens / getting support
Page 3 - Emergency contacts	Page 14 - Emergencies and suspected drugging
Page 4 - Everyday safety plan	Page 15 - Memory gaps
Page 5 - Warning signs	Page 16 - After sexual assault
Page 6 - Consent and boundaries	Page 17 - After physical assault
Page 7 - Abuse of authority	Page 18 - Evidence and documentation
Page 8 - Teachers, coaches and bosses	Page 19 - Campus support and reporting
Page 9 - Pastors and spiritual mentors	Page 20 - Friends, parents and recovery
Page 10 - Independent help and reporting	Page 21 - Gas, parking and arriving home
Page 11 - Parties and hazing	Page 22 - When a report is ignored
Page 12 - Rides, housing and travel	Page 23 - Find oversight and complaint routes
Page 13 - Digital safety and stalking	Pages 24-25 - Tools; drinks and food Pages 26-34 - More safety topics Page 35 - Personal plan; Pages 36-39 - Sources

New topics: Page 26 dating; Page 27 roommates; Page 28 leaving a partner; Page 29 roadside help; Page 30 fire/weather; Page 31 first aid; Page 32 weapons threats; Page 33 emergency card; Page 34 local contacts.

What this guide can and cannot do

No checklist guarantees safety. Assault is the responsibility of the person who commits it. Drinking, clothing, trusting someone, freezing or not fighting back do not make a person responsible for being harmed. These tools expand choices.

General U.S. education. Local laws and campus procedures vary; consult a clinician, advocate or attorney for individual guidance.

Sources: [1], [2], [3]. Linked directory at the end. Planning tools are not guarantees.

KEEP THIS PAGE HANDY

Who to call - and when

Use 911 for an immediate threat or medical emergency. A hotline cannot dispatch an ambulance.

Situation	Contact / action
Someone is in immediate danger; cannot be awakened; is not breathing normally; has serious injuries	Call 911. Give the exact location first. Follow dispatcher instructions.
Sexual assault, uncertainty about what happened, or finding an advocate / forensic exam	RAINN: 800-656-4673 Text HOPE to 64673 Chat: rainn.org/help-and-healing/hotline/
Dating violence, coercive control or relationship safety planning	National Domestic Violence Hotline: 800-799-7233 Text START to 88788 thehotline.org
Emotional crisis, suicide concerns, or needing crisis support	Call or text 988 988lifeline.org Use 911 for immediate physical danger.
Campus assistance	Save campus emergency/nonemergency numbers, housing staff, a confidential advocate, counseling and Title IX contacts. Fill in page 35.

Words to use with 911

"I need medical help at [address/building/room]. My friend is [unresponsive / having trouble breathing / injured]. We may have had alcohol or other substances." Do not guess about substances; share what you know.

Hotline confidentiality has limits. Ask about them before sharing identifying details; reporting duties may apply to minors, vulnerable adults or an imminent safety risk. Text-to-911 availability varies; voice-call when possible. If speech or hearing access is needed, plan local relay/text options in advance.

Sources: [1], [4], [5], [6]. Linked directory at the end. Planning tools are not guarantees.

PLAN BEFORE YOU NEED IT

Build your everyday safety network

A short, realistic plan is more useful than a long list you cannot use.

Five things to set up this week

1. Save emergency numbers and your exact home/campus address.
2. Choose two people who can help without shaming you.
3. Identify a primary ride home and a backup you can afford.
4. Agree on a check-in time and a code word meaning "help me leave."
5. Find the nearest emergency department and where sexual assault forensic exams are available. Not every hospital has an examiner on site.

Before going out

Charge your phone; carry a charger or power bank, ID, essential medication and enough money for a backup ride. Tell a trusted person the plan if you choose. Decide what a missed check-in means: contact you, contact a named friend, then seek emergency help if there is a credible danger.

Use technology as backup

Practice emergency phone features. Apps depend on signal, battery and permissions. Share location only with trusted people. Venue code words work only where staff are trained; you can ask staff directly for help.

Notice options, not just threats

Identify exits, staff, public gathering places and an accessible route out. If a situation feels wrong, you may leave without proving that someone is dangerous. Feeling comfortable is also not proof of safety; evaluate behavior over time.

Make the plan fit you

Arrange accessible transport, mobility aids, communication supports, sensory accommodations, medication access and interpreter needs. Choose helpers who respect your identity, privacy and independence. Do not rely solely on a person you are trying to avoid.

A useful text
"I am at [place]. I want to leave. Please meet me at [public spot] or arrange a ride. Call me now." If your location is being monitored by an unsafe person, use a safer device and an advocate to plan changes.

Sources: [1], [2], [10], [12]. Linked directory at the end. Planning tools are not guarantees.

LOOK AT BEHAVIOR

Safer signs and warning signs

A reputation, expensive clothes, fraternity membership, religious role or social status does not establish safety.

More reassuring behavior	Concerning behavior - pause or leave
Accepts "no" without bargaining or punishment	Repeatedly asks after a refusal; insults, guilt or threats
Respects your friends, choices and ride home	Separates you from friends or controls transport
Lets you keep your phone and choose where to go	Takes your phone, blocks a door or hides your belongings
Checks whether you want help and honors the answer	Uses intoxication or distress to get access to you
Explains plans and accepts a change of mind	Surprise destinations, secrecy, forced drinking or unwanted touching
Stops when you hesitate or pull away	Ignores discomfort, freezing or an inability to respond

Act on observable behavior

You can move toward a staffed/public area, call a trusted person or leave. If someone blocks you, threatens you or follows you, seek help; use 911 for immediate danger. You do not owe an explanation or a confrontation.

Do not turn warning signs into a verdict
One reassuring interaction does not guarantee safety. A quiet or socially awkward person is not dangerous simply because of appearance or personality. Focus on coercion, threats, boundary violations and what actually happens.

Sources: [3], [4], [9]. Linked directory at the end. Planning tools are not guarantees.

YOUR BODY. YOUR CHOICES.

Consent and boundaries

Use clear communication; stop whenever consent is absent or uncertain.

Consent is an ongoing agreement

It is freely given, specific and reversible. A yes to kissing is not a yes to sex. A previous encounter, relationship, invitation, gift or ride does not grant future consent. Silence, lack of resistance and freezing are not permission. A sleeping, unconscious or incapacitated person cannot consent.

Alcohol does not create permission

Do not initiate or continue sexual activity with someone who cannot understand, communicate or make a voluntary choice. If you are unsure, stop. Legal definitions of consent and incapacity vary by state; these are practical safety standards, not a substitute for local law.

Words you can use - when safe

"I do not want that."
"Stop. I am leaving."
"I am staying with my friends."
"I changed my mind."
"Do not record or share anything of me."

If saying no feels dangerous

You can use an excuse, distract, move toward others or ask someone to help you leave. You do not need to defend your decision. Freezing, going quiet or complying to survive does not mean you agreed.

For every student
Ask, listen and stop. Never pressure someone to drink, undress, have sex, share images or prove loyalty. If a friend is trying to exploit someone who is impaired, intervene safely and get help.

Sources: [3], [8]. Linked directory at the end. Planning tools are not guarantees.

POWER IS NOT PERMISSION

When someone you trust crosses a line

Teachers, coaches, bosses, youth pastors, pastors, spiritual mentors and older adults must respect boundaries.

When help becomes leverage

A person may control grades, playing time, jobs, money, housing, recommendations or belonging. That power can make refusing feel costly. An age gap or kind gesture alone does not prove abuse; look for pressure, dependency, secrecy, threats and repeated boundary violations.

Warning signs to take seriously

Private sexual messages; escalating comments about your body; unwanted touching; requests for intimate images; gifts or favors tied to access; being isolated from peers; or threats to your future if you refuse. Examples: "You owe me after everything I did" or "No one will believe you over me." These examples illustrate concerning behavior, not a diagnosis.

How exploitation can unfold

Someone may first offer attention, opportunities or support, then test boundaries and make secrecy feel necessary. You may feel flattered, grateful, confused or dependent. You can reconsider a relationship even if you previously trusted the person, accepted gifts or replied warmly.

You do not owe access

A scholarship, promotion, invitation, mentoring relationship or ride does not purchase your body, private information or silence. Being 18 or older does not remove the possibility of coercion or exploitation. Professional rules may restrict relationships even where conduct is not criminal.

You do not need to prove a pattern before asking for support
Describe what happened to an independent advocate or trusted person. You may set a boundary, reduce contact or leave without waiting for physical harm. If the person threatens or restrains you, get help immediately.

Sources: [26], [3], [27]. Linked directory at the end. Planning tools are not guarantees.

SCHOOL, SPORT AND WORK

Teachers, coaches and bosses

These are fictional examples to help you recognize pressure and choose a response.

Concerning situation	Possible response / support
A teacher ties grades, opportunities or references to private sexual contact	Save messages when safe; seek a confidential advocate, Title IX coordinator or administrator outside the teacher's control.
A coach sexualizes your body, demands secrecy, or uses playing time as leverage	Ask for another staff member or support person; contact safeguarding, athletics compliance, Title IX or an independent advocate.
A boss promises shifts or promotion for dates, touching or sexual access	Use the employer's harassment procedure through an alternate manager or HR; consider EEOC, a state agency or independent legal advice.
A mentor or older adult wants sexual images, a secret relationship, or control over money/housing	Tell someone outside the relationship. Plan alternative support, housing or transport so the person is not your only resource.

Reduce exposure while getting advice

When feasible, use official communication channels and scheduled/public meeting spaces. Ask for a support person, alternate supervisor or different meeting arrangement. Avoid meeting privately to "clear things up" if you feel unsafe. These are options; failure to use them does not make you responsible.

Know who represents whom

HR and institutional investigators are not automatically confidential advocates or your personal lawyers. Ask what will be shared, who receives your report and how interim safety will be handled. Keep a copy of your complaint and request a written acknowledgment.

Sources: [18], [26], [27]; scenario responses are practical planning tools.. Linked directory at the end. Planning tools are not guarantees.

FAITH AND SPIRITUAL GUIDANCE

Pastors, youth pastors and spiritual mentors

You can protect your faith, your body and your right to seek help.

Recognize spiritual pressure

A leader may use religious authority, fear, shame or belonging to obtain secrecy, money, obedience or sexual access. Examples: "God told me we should be together," "Questioning me is questioning God," "You must submit," or "Telling anyone will hurt the ministry." A spiritual title does not excuse exploitation.

Boundary violations are not spiritual care

Sexual touching, sexual messages, requests for intimate images, unwanted intimacy, threats and pressure to conceal misconduct deserve independent support. Private counseling or mentoring should not depend on sexual access or silence. A person's reputation does not establish what happened.

Your options

You may stop a private meeting, bring someone you trust, move communication to a documented channel or leave the program. You do not have to debate theology or confront the leader before asking for help. Forgiveness, prayer or reconciliation cannot replace medical care, safety or accountability.

Find someone outside their influence

Contact a community sexual assault advocate, clinician or independent attorney. You may also contact a denominational safeguarding office, governing board or safeguarding lead who is not implicated. If an internal contact dismisses you or is closely connected to the person, seek an outside route.

An internal church process is not the only option
You may seek police help for possible crimes without obtaining a leader's permission. If a child may be abused, use the appropriate child-protection/law-enforcement reporting route; telling a church leader alone may not satisfy reporting duties.

Sources: [26], [31], [30]; examples are original illustrations of coercive behavior.. Linked directory at the end. Planning tools are not guarantees.

WHEN THE PERSON HAS POWER

Getting help without going through them

Choose a route that does not depend on the person you are worried about.

First: safety and a support person

Call 911 for immediate danger. Seek prompt medical care after injury, suspected drugging or assault. Ask an independent advocate about confidentiality and options. You do not have to confront the person, negotiate alone, or produce complete evidence before asking for help.

Then: record facts and request protection

Keep original messages and note dates, actions, witnesses and threats when safe. Explain what you need: a different teacher/supervisor, no private contact, housing or schedule changes, an escort, or help replacing resources the person controls. Ask who handles retaliation concerns and how to obtain written follow-up.

Workplace deadlines matter

Employment coverage and procedures vary. EEOC filing limits are commonly 180 days, sometimes 300; federal employees generally must contact an EEO counselor within 45 days. Internal complaints usually do not pause an external filing deadline. Seek prompt EEOC/state-agency or legal guidance about your situation.

If a child or minor may be harmed

Childhelp: call 800-422-4453 for support and help finding the correct reporting agency. It is not a substitute for a required report. In Oklahoma, the child-abuse reporting line is 800-522-3511. Reporting duties vary by state; a school, coach, employer or church cannot replace the appropriate government reporting route.

Words to use
"I am concerned about sexual pressure or boundary violations by someone with authority over me. I want an independent support person, an explanation of confidentiality, and a plan to prevent further contact or retaliation."

Sources: [1], [18], [27], [28], [29], [30]. Linked directory at the end. Planning tools are not guarantees.

SOCIAL LIFE WITH OPTIONS

Parties, fraternities and group pressure

Use these checks at any party, club, team, house gathering or initiation - not only Greek events.

Before and during the event

Agree with friends how to check in and leave; plans may change, so communicate. Keep independent access to a ride. If you choose to drink, consider sealed drinks or watch preparation and avoid unattended or unknown mixtures. These steps cannot eliminate risk, and ordinary alcohol can be used to exploit someone without secret drugging.

Reasons to leave or get help

Someone is pressured to drink or use substances; prevented from leaving; isolated from friends; taken to a private room while unable to respond; touched without consent; filmed sexually; or threatened with exclusion for refusing. Do not accept "that is just tradition" as an explanation for harmful conduct.

Hazing is not a requirement you must endure

Forced drinking, humiliation, threats, sexual acts, physical punishment and dangerous initiation tasks are warning signs. You can leave and report concerns to the campus hazing/student conduct office or police. If there is a medical emergency, call 911 first, not the organization leader.

Help without making yourself a target

Distract: "We need you outside." Delegate: get staff, friends or emergency help. Direct, only if safe: "Stop. They cannot consent." Check in afterward. Do not enter a private confrontation alone or physically intervene if that puts you in danger.

If an impaired friend is being led away
Ask where they are going; seek another trusted helper and get medical help if needed. Do not leave them with a person merely because that person claims to know them.

Sources: [2], [8], [13]. Linked directory at the end. Planning tools are not guarantees.

GETTING THERE AND GETTING HOME

Rides, walking, housing and travel

Planning tools - adapt to your location, budget, disability access and campus rules.

Rideshare or taxi

Before entering, match the license plate, vehicle and driver to the app or booked service. Ask who the driver is there to pick up rather than supplying your name first. Do not accept an unverified substitute or off-app ride. Share trip details with someone you trust if useful. Use available in-app help; call 911 for immediate danger.

Walking and parking

Choose a route with people, lighting and open businesses when possible. Use a campus escort/shuttle if available. Keep enough attention available to notice traffic and surroundings. If followed, move toward a staffed public place and call for help; avoid leading the person to your home.

Dorm or apartment

Use working locks; report broken locks and lighting. Do not prop controlled-access doors. Verify visitors or maintenance through a known housing number. Agree on roommate guest boundaries. Know fire exits. Never install a device that obstructs emergency escape or violates fire/housing rules.

Hotel or unfamiliar place

Confirm the lodging address and transport options. Check the room lock and exit route. Verify unexpected staff through the front desk. Keep essential documents and medication accessible. Avoid publishing your room number or live itinerary publicly.

Optional tools

A personal alarm or flashlight may help attract attention or find an exit. Pepper spray rules vary by state, campus, venue and transport provider; learn legal restrictions and obtain training before carrying it. No device replaces an exit plan or guarantees protection.

Sources: [12], [14]; home/travel checklist is a practical planning tool.. Linked directory at the end. Planning tools are not guarantees.

PRIVACY IS PART OF SAFETY

Digital boundaries and stalking

A person who monitors, threatens or repeatedly follows you may require a tailored safety plan.

Reduce unnecessary exposure

Use unique passwords and multifactor authentication. Review shared accounts, location sharing, logged-in devices and photo location settings. Do not send passwords to a dating partner as proof of trust. Ask friends not to post your live location, dorm room or schedule without permission.

If someone is tracking or harassing you

Keep dates, times, screenshots and original messages when safe. Save account names and links. Repeated unwanted contact, showing up unexpectedly, monitoring or threats deserve attention. An advocate can help assess patterns and plan around housing, classes and travel.

Make changes carefully

Suddenly removing a tracker, disabling access or blocking an abusive person can alert them or escalate behavior. Use a safer device to seek help; plan account changes with an advocate. A private browser window does not make a monitored phone safe.

Image-based threats or sextortion

Do not send additional images or money to try to make a threat end. Preserve identifying messages if safe, report to the platform and seek an advocate or law enforcement help. Do not download or forward sexual images of minors; preserve non-explicit identifying information and get reporting guidance.

Keep evidence private
Share only with trusted support or appropriate professionals. Do not post someone else's assault account, identifying information or images. Ask before sharing their story.

Image removal: visit StopNCII.org for eligible adult images or takeitdown.ncmec.org for images taken before age 18. Follow eligibility instructions; do not download or share images to use these tools. Hashing tools cover participating platforms, not the entire internet. RAINN offers platform-reporting and deepfake guidance in source [48].

Sources: [9], [10], [11], [48]. Linked directory at the end. Planning tools are not guarantees.

ACT PROMPTLY

Intoxication, suspected drugging and emergencies

Do not wait for certainty before getting medical help.

Call 911 immediately if someone

Cannot be awakened, is not breathing normally, has a seizure, collapses, has severe confusion, or has blue/gray/pale or clammy skin. Suspected alcohol overdose is an emergency; not all signs need to be present.

While help is coming

Stay with them and follow dispatcher instructions. If unconscious but breathing, place them on their side if you can safely do so; tell dispatch about any possible head/neck injury. If not breathing normally, follow instructions for CPR/AED. Do not give food or drinks to someone who is not fully alert. Coffee, walking and cold showers do not reverse overdose. Never leave them to "sleep it off."

If you suddenly feel far more impaired than expected

Tell a trusted person or staff member, move to a safer place and stop consuming the drink. Do not drive or leave with an untrusted person. Seek urgent medical care. Say: "I may have been drugged. I need evaluation and advice about forensic toxicology testing." Timing matters; ordinary drug screens may not detect the relevant substance, and a negative result does not settle what happened.

Health comes before collecting evidence

If safe, keep the drink/container and note when symptoms began, but do not delay treatment. Ask clinicians promptly about blood/urine collection; do not force yourself to wait to use the bathroom or manage dangerous symptoms to preserve evidence.

Other urgent injuries
After pressure to the neck or strangulation, seek urgent medical evaluation even without marks. Call 911 for breathing/swallowing problems, fainting, confusion or severe pain. Serious head injuries and heavy bleeding also need immediate care.

Sources: [6], [8], [20], [21]. Linked directory at the end. Planning tools are not guarantees.

WHEN THE TIMELINE IS MISSING

Memory gaps: what to do next

You do not need a complete memory before you seek medical care or support.

Blackout is not the same as passing out

During an alcohol blackout, a person can be awake and interacting but later cannot recall events. Fragmentary blackouts leave patches of memory; some recall may return. In a complete (en bloc) blackout, memories may not have formed and typically cannot be retrieved. Looking functional does not prove a person could give valid consent.

Do not assume the cause

Memory loss can involve alcohol, other substances, medication interactions, head injury or other medical issues. Symptoms alone cannot prove secret drugging or rule it out. Seek prompt clinical assessment if you suspect assault, unexpected intoxication or injury. Use 911 for emergency warning signs on page 14.

Get care first

Do not wait for memories to return, attempt to sober up with coffee, or delay testing while investigating. Tell the clinician about missing time, known drinks/substances, medications and any injury. Toxicology collection may be time-sensitive; ask about it promptly.

Record what you know without filling the gaps

Write down your own memories first. Save original texts, call history, ride receipts and timestamps when safe. Record what someone else tells you separately, with their name and date. A friend's account or a photo may help establish events, but it is not automatically your own memory.

Avoid risky attempts to force recall

Do not drink again to recreate the experience, confront the person, or return to an unsafe location. Do not rely on hypnosis or anyone promising to recover missing memories as proof of what happened. It is okay to say, "I do not remember."

What matters now
Your missing memory is a reason to seek help, not a reason to dismiss yourself. A clinician or trained advocate can help you take the next step without requiring a complete account.

Sources: [25], [8], [22]. Linked directory at the end. Planning tools are not guarantees.

IF SOMETHING HAPPENS

After sexual assault: the first steps

You can seek help even if you are unsure what happened, know the person, or do not want to report.

1. Get somewhere safer

Go to a trusted person, staffed public place or medical facility. Call 911 for danger or serious injuries. You do not need to confront the person or obtain an admission.

2. Get medical care promptly

Ask for a sexual assault nurse examiner (SANE) or medical forensic exam (SAFE). RAINN or a local advocate can help find a provider. You may ask for a support person, explanations, breaks and to decline parts of an exam. You can still get care if you washed, changed clothes or cannot remember everything.

3. Ask about time-sensitive options

If pregnancy is possible, ask promptly about emergency contraception; options may be available up to 5 days, with earlier care preferred. If HIV exposure is possible, ask immediately about PEP: it must start within 72 hours, preferably sooner. A clinician assesses eligibility. Ask about STI testing/prevention, injuries, vaccinations and follow-up. Seek care even if these windows have passed.

4. Keep your options open

For an adult, a forensic exam can generally be obtained without immediately reporting to police. Ask about local reporting duties, kit storage and deadlines. Forensic evidence collection should be available without charging you; other treatment, medication or billing arrangements may differ. An advocate can help clarify costs and insurance privacy.

You can say
"Something sexual happened that I did not consent to. I want medical care and to understand my options. Before I share details, what are your reporting and confidentiality rules?"

Sources: [7], [15], [16], [17], [22]. Linked directory at the end. Planning tools are not guarantees.

AFTER PHYSICAL VIOLENCE

After physical assault: health first

Being pushed, punched, kicked, restrained or strangled deserves attention, even without obvious marks.

Get away and get help

Move toward a staffed place or trusted person if you can. Do not return to confront someone, retrieve belongings or photograph a dangerous scene. Call 911 if the person is threatening you, has a weapon, is blocking your exit or if you have serious injuries.

Head injury danger signs

After a head injury, call 911 or seek emergency care for a worsening headache that does not go away, repeated vomiting, seizures, weakness or numbness, slurred speech, unusual behavior, unequal pupils, severe confusion, loss of consciousness or inability to wake. Do not drive yourself if impaired. Symptoms may appear later; tell the clinician how the injury happened.

Pressure to the neck is a medical concern

Seek urgent evaluation after strangulation or neck compression, even if there are no visible marks. Breathing or swallowing difficulty, voice changes, fainting or confusion require immediate attention. Do not assume that being able to talk means there is no injury.

Document after you are safe

Ask clinicians to document injuries and symptoms. If safe, photograph visible injuries and save dates, original messages and witness details. Bruising may develop later. Keep medical instructions and records; do not delay care to collect information.

Arrange the next steps

Ask a trusted person to accompany you. Consider a campus or community advocate and police reporting; ask about relevant reporting duties, case numbers, protective options and follow-up. Ask for safe housing or academic adjustments if the assault affects campus life. Return for new or worsening symptoms and follow the clinician's activity guidance.

There is no requirement to minimize what happened
You can seek medical care and emotional support even if you know the person, did not fight back or are uncertain about reporting.

Sources: [20], [24], [5], [18]. Linked directory at the end. Planning tools are not guarantees.

PRESERVE OPTIONS, NOT PERFECTION

Evidence and documentation

Your health and safety come first. Missing evidence does not make your experience less real.

Physical evidence

If feasible before an exam, avoid washing or cleaning relevant items. Put changed clothing in separate clean paper bags rather than plastic. Do not delay urgent treatment, medication, food, water or necessary bodily functions. Ask the examiner about local collection windows; do not assume it is too late.

Messages and a personal record

Keep original texts, emails, voicemails and app messages. Save dates, usernames, URLs and screenshots when safe. Write what you remember in your own words: location, timeline, people present and symptoms. Distinguish what you remember from what someone later told you. It is okay to write "I do not remember."

Handle information carefully

Back up material somewhere the person cannot access. Avoid altering originals. Ask an advocate or investigator how to preserve messages and app data; screenshots alone may not retain all information. Do not obtain evidence by confronting someone or entering their accounts.

Ask for records

Request discharge instructions, follow-up appointments and information about exam/kit tracking. If reporting, ask for a case/report number and a contact for next steps. Keep a log of communications and appointments.

Do not make evidence gathering a barrier to help
You can seek care, counseling, campus support or legal advice even if there are no visible injuries, no recording, no witnesses, or gaps in memory.

Sources: [7], [9], [11], [15]. Linked directory at the end. Planning tools are not guarantees.

DIFFERENT ROUTES, DIFFERENT ROLES

Campus support and reporting

Medical care, advocacy, campus processes and criminal reporting are separate options.

Resource	What to ask
Confidential counselor or survivor advocate	"What can remain confidential? What must you report? Can you explain choices before I identify anyone?"
Title IX coordinator	Ask about supportive measures, a formal complaint, privacy, retaliation and the current campus process.
Campus or local police	Ask about reporting, emergency protection, evidence and an investigation. Police reporting does not replace campus support.
Housing / dean of students / accessibility office	Ask about safe housing, academic adjustments, transport, disability accommodations and a coordinated support plan.

Support does not always require a formal complaint

Title IX supportive measures may be available without a formal complaint. Ask about counseling referrals, changes to housing/classes/work schedules, escorts and no-contact arrangements. Availability and scope depend on circumstances. A campus no-contact directive is different from a court protection order.

Check privacy before disclosure

An RA, instructor, coach or staff member may have a duty to notify the institution. Do not assume they are confidential. Ask about parent notification and insurance billing privacy. State law, age and imminent danger can affect reporting obligations.

Know your campus information

Enroll in campus emergency alerts. Identify how to report broken locks, unsafe lighting, threats or coercion. Read the Annual Security Report and current policies for rights, options, contacts and amnesty provisions. Alcohol/drug amnesty is not universal; get emergency help first. Ask how to report retaliation, who reviews decisions and what written records you receive.

Sources: [18], [19], [23]. Linked directory at the end. Planning tools are not guarantees.

HELP THAT PROTECTS AUTONOMY

Friends, parents and recovery

Support should expand choices instead of taking control.

What to say

"I believe you. I am glad you told me."
"You did not deserve this."
"Do you want me to listen, help find care, or sit with you?"
"We can talk through options. You do not have to decide everything today."

What to avoid

Do not ask why they drank, went there, trusted the person or did not fight. Do not interrogate for details, contact the alleged perpetrator, post the story, or pressure a competent adult to report. If there is immediate danger or a medical emergency, call for help. Be honest about any reporting duties you have.

Parents: make help easy to ask for

Agree in advance: "If you need a ride or help, contact me. Your safety comes first; we can discuss everything else later." Support privacy and practical needs. Help organize appointments if invited, and avoid making the survivor manage your anger or distress.

Recovery and anxiety

Sleep changes, worry, numbness and difficulty concentrating can follow a frightening experience. Responses differ; a clinician can assess persistent or severe symptoms. Reduce repeated exposure to distressing videos, keep everyday supports and seek counseling when fear interferes with school, sleep or relationships. Use 988 for crisis support; use 911 for immediate danger.

If you only remember one response
"You are not alone. What would help you feel safer right now?"

Sources: [1], [5]; scripts are original support tools.. Linked directory at the end. Planning tools are not guarantees.

EVERYDAY SITUATIONS

Gas stations, parking and arriving home

Use routines that keep help and an exit available. You do not need to assume everyone is a threat.

Getting gas

Choose a lit, staffed station when possible. Stop the engine; keep keys and phone with you and lock unattended doors. If someone approaches aggressively, stop fueling and replace the nozzle if safe. Get into your car, lock the doors and leave when the path is clear. Never drive with the nozzle attached. If the car is blocked or unsafe to reach, move toward staff or other people. Call 911 for immediate danger.

Parking: keep a clear exit

Choose legal, visible parking where another vehicle cannot box you in. Do not park in other people's driveways; use authorized parking with a clear route to drive out in an emergency. Do not block others. At stores, note your row and ask staff for an escort if needed. If followed, return inside.

Returning to your car

Look around and through the windows before entering. If something seems suspicious, step back and contact staff or police rather than investigating. Once inside, lock doors and prepare to leave. You do not have to unlock the door or step out because a stranger asks.

Pulling into your driveway or garage

If you suspect a vehicle is following you, do not lead it home. Drive legally toward a staffed, populated place; call 911 for a threat. Avoid sudden maneuvers to test someone. If already home and threatened or blocked, remain in a locked vehicle if safer and call for help.

Before unloading

Check the immediate area. Keep keys and phone accessible. If a door is unexpectedly open or you suspect someone is inside, do not enter to investigate. Move to safety and call police. Close the garage door when safely clear; never run an engine in an enclosed garage.

Belongings can wait. Move toward help. These routines offer options; they cannot guarantee safety.

Sources: [32], [33], [34]. Linked directory at the end. Planning tools are not guarantees.

YOUR REPORT DESERVES A RESPONSE

When the person you told does not act

A dismissive first response does not decide whether you deserve safety or support.

Do not wait through an emergency

For immediate danger, serious injury or a new threat, use 911 or urgent medical care. Do not wait for an email reply or the outcome of an internal process. Seek a separate advocate or trusted support person now.

Make a clear written follow-up

Record when you reported, to whom, what you said, the response and any new incidents. Keep copies safely. Ask for acknowledgment, a report/case number, the responsible person, the next step and a response date. State the safety measures you need. Ask for a written explanation if a request is denied.

Use the right escalation route

Campus: contact Title IX, a higher-level administrator or the published complaint/appeal route. For covered discrimination or a school's response to sexual harassment, consider the U.S. Department of Education Office for Civil Rights (OCR). Workplace: contact an alternate manager/HR, EEOC or a state agency. Police: ask for a supervisor, report number, victim advocate and the agency's complaint process. Church/program: seek an independent safeguarding office or governing body; possible crimes or child abuse can also be reported to the appropriate government agency.

Know limits and protect deadlines

Not every poor response falls within OCR or EEOC jurisdiction. OCR complaints generally have a 180-day deadline, with exceptions; ask OCR or a qualified attorney promptly. EEOC timelines are on Page 10. Do not assume internal escalation extends an external deadline. Ask about confidentiality, conflicts of interest and retaliation protections; no process can guarantee an outcome.

A follow-up you can adapt

"I reported [conduct] on [date] to [person]. I remain concerned about [specific risk]. Please confirm receipt, identify the responsible contact, explain the next steps and timeline, and address my request for [safety measure]. Please tell me how to escalate if this office cannot act."

Sources: [18], [28], [29], [30], [35]; escalation scripts are original planning tools.. Linked directory at the end. Planning tools are not guarantees.

WHEN THE FIRST ROUTE FAILS

Find who oversees the organization

The person's supervisor, an organization's governing body and an external regulator may be different contacts.

1. Identify the organization

Find the full legal name, department, location and public/private status on its official website or documents. Check whether it is independent, affiliated, a contractor or licensed. Similar names may belong to unrelated entities.

2. Search for the internal route

Replace the brackets in these searches:
"[organization]" complaint policy
"[department]" organizational chart
"[institution]" governing board trustees
"[organization]" safeguarding grievance appeal
Check alternate contacts, appeal deadlines and conflicts of interest.

3. Find an external route that fits

College: search "[school] Title IX coordinator" and Education Department OCR complaints. Workplace: search EEOC or "[state] employment discrimination complaint." Police/sheriff: search "[agency] professional standards complaint" or civilian oversight. Licensed professional: search "[state] [profession] licensing board complaint." Church: search "[church] denomination safeguarding" or governing board; independent churches may have no parent denomination.

4. Confirm authority and privacy

Use official websites, not ads posing as complaint services. Ask: "Do you oversee this entity and this type of concern? If not, who does?" Funders, accreditors and affiliates may have limited authority. Confirm confidentiality and the secure submission method before sharing private information.

5. Track the next step

Save policy links, contacts, dates, acknowledgments and deadlines. Ask for written reasons and a referral if an office declines. Do not assume internal review extends a legal deadline. For emergencies, use 911; use appropriate police/child-protection routes for possible crimes or child abuse.

Ask: "Who reviews complaints about this department or its leadership? Please provide the independent route, governing or licensing body, and appeal deadline."

Sources: [18], [29], [30], [35]. Linked directory at the end. Planning tools are not guarantees.

CHOOSE WHAT FITS YOUR LIFE

Optional tools for everyday safety

You do not need expensive equipment to deserve protection. Choose tools you can use, maintain and legally carry.

Optional item	Purpose and limits
Small flashlight	Helps illuminate a path, car interior or lock without using your phone battery. Keep it accessible and check the batteries/charge.
Personal alarm or whistle	May attract attention. Practice activation and reset. It does not guarantee someone will respond or stop an attacker.
Power bank and charging cable	Supports phone access. Keep it charged; emergency features still depend on signal and correct settings.
Pepper spray	Consider only where permitted and with training. Check current state/local, campus, venue and travel rules. Follow instructions and expiration dates; accidental exposure can harm you or others.
Portable door lock / vehicle escape tool	Check compatibility, housing/fire rules and manufacturer instructions. Never obstruct emergency escape. Vehicle window tools may not work on all glass types.

Damsel in Defense: an optional shopping resource

The brand is Damsel in Defense. Its website lists pepper sprays, stun devices, portable door locks, auto emergency tools and safety education. Browse damselindefense.net if you want to compare options. The seller's listings establish product availability, not independent proof of effectiveness or an endorsement of every item.

Before choosing a defensive device

Read current restrictions and obtain qualified training. Stun devices and striking tools may be prohibited on campus or during travel, require close contact and can increase injury or escalation risks. Do not assume a product sold online is legal or suitable for your setting. Consider simpler tools and an exit/help plan first.

Keep tools usable

Carry only what you can safely operate. Check charge, condition and accessibility; do not test sprays or stun devices on people. No purchase replaces consent, supportive people, institutional responsibility or timely medical care.

Sources: [14], [36]. Linked directory at the end. Planning tools are not guarantees.

PRACTICAL CHOICES AT SOCIAL EVENTS

Drinks, food and looking out for friends

Choose what you consume. A free offer never creates an obligation.



Keep your drink in your control

Choose a sealed drink you open yourself or watch a trusted server prepare it. Keep it with you; replace it if left unattended or if you are unsure who handled it. A fitted cover can be an optional barrier, but it cannot detect substances, prevent every form of tampering or make a drink safe.

Free drinks: you can decline

Decline open or pre-poured drinks offered by strangers or anyone you do not trust. If someone offers to buy a drink, you can order it yourself, watch preparation and receive it directly from the server. Paying for a drink gives no right to your time, company or body.

Food, snacks and unknown substances

Choose food from a trusted source or sealed packaging you open. Decline snacks, gummies, edibles or pills with unclear contents. Ask about ingredients and allergens. Never taste something suspicious to test it. You can choose who and what you trust.

If you feel unexpectedly unwell

Tell a trusted friend or staff member and seek medical help. Do not drive or leave with an untrusted person. Call 911 for trouble breathing, collapse or difficulty waking. See Page 14 for suspected drugging and overdose response.

No cover or checklist guarantees safety. Taking alcohol voluntarily is not consent to sexual activity. If someone harms you, it is their responsibility.

Sources: [2], [8]; food-source and cover guidance are practical precautions.. Linked directory at the end. Planning tools are not guarantees.

MEET ON YOUR TERMS

Dating apps and first dates

An online profile, familiar name or mutual friend is not verification of safety.

NOTICE	ACT	GET HELP
A surprise change of plans	Keep your own way home	Ask staff or a trusted friend

Before meeting

Keep early conversations on the app when useful; avoid sharing your home address, room number, routine or financial information. A video call can help establish who you are speaking with, but cannot prove safety. Never send money or account access to someone you just met.

Choose a first meeting with options

Meet in a staffed public place. Arrange independent transportation and a backup; let a trusted person know the plan if you choose. Keep control of your phone, drink and belongings. You can decline a ride, private room, secluded location or unexpected second destination.

Watch the response to a boundary

Pressure, anger, unwanted touching, attempts to isolate you, or taking your phone are reasons to seek help. You can leave even without a clear explanation. Gifts, meals and attention create no obligation to stay or have sexual contact.

Scenario: "Let us go somewhere private"
"I am staying here. I have my own ride." If refusal feels unsafe, use an excuse, move toward staff and ask for help. Do not confront someone alone to prove a point.

Sources: [2], [3], [4]; scenarios are original planning tools. Linked directory at the end. Planning tools are not guarantees.

YOUR HOME SHOULD SUPPORT SAFETY

Roommates, guests and apartment access

Agree on access before a problem occurs; get housing help when boundaries are ignored.

NOTICE	ACT	GET HELP
An unwanted visitor arrives	Keep distance and an exit	Housing staff; 911 for danger

Make a roommate agreement

Discuss overnight guests, visitors when someone is absent, parties, substances, quiet hours, shared costs and privacy. Agree that keys and door codes are not shared without permission. Ask housing or the landlord about authorized access and guest policies.

Verify who is entering

Keep doors secured without blocking escape. Confirm unexpected maintenance or deliveries through a known official number. You may ask a delivery person to leave an item outside. Report damaged locks and request repairs in writing.

If a roommate brings someone unsafe inside

Do not physically remove or confront the visitor alone. Move to a safer place and seek housing/security support. Call 911 for threats, violence or someone preventing you from leaving. Document repeated incidents and ask about guest restrictions, room changes or other safety measures.

Keys, codes and moving out

If someone unsafe has access, ask the authorized housing contact about changing locks/codes and protecting your new address. Do not secretly alter shared locks or violate lease/fire rules. Plan secure storage for medication, ID and private documents.

Words to use
"I do not feel safe with this visitor having access. Please explain the guest policy and help arrange a safe solution. I need a written response."

Sources: [4], [10], [14]; roommate agreement is a practical planning tool. Linked directory at the end. Planning tools are not guarantees.

LEAVING SHOULD NOT REQUIRE PERMISSION

Breaking up or leaving a controlling partner

A personalized plan can help before, during and after separation.

NOTICE	ACT	GET HELP
Threats or control escalate	Use a safer device; plan an exit	An independent abuse advocate

Plan around what they control

Consider housing, money, transport, phone accounts, location sharing, keys, medication, documents and pets. Arrange alternatives with an advocate or trusted person. Avoid keeping the plan where the person can monitor it. You do not have to announce your departure in advance.

Choose how to end contact

You do not owe an in-person breakup or a private final meeting. Choose a method and setting that fit the risk. Do not retrieve belongings alone if unsafe; ask an advocate about available accompaniment or police assistance. Availability and procedures vary.

If they threaten violence or suicide

Take threats seriously. Call 911 for immediate danger, a weapon, an attempt or a life-threatening emergency. Contact 988 for suicide crisis guidance when there is no immediate physical emergency. You do not have to stay, meet alone or promise secrecy to keep someone alive.

After leaving

Plan changes to accounts and location access carefully; sudden changes can alert the person. Tell selected housing/work/campus contacts what protection you need. Save threats when safe and ask about stalking support, protective-order options and enforcement limits.

Independent support
National Domestic Violence Hotline: 800-799-7233; text START to 88788. Use a safer device if monitored. For immediate danger, call 911.

Sources: [4], [9], [10], [37], [38]. Linked directory at the end. Planning tools are not guarantees.

WHEN YOUR CAR CANNOT GET YOU HOME

Breakdowns, collisions and roadside help

Traffic, fire and your location determine whether staying in the vehicle is safer.

NOTICE

A flat tire or breakdown

ACT

Move out of traffic if possible

GET HELP

Verified roadside help; 911 for risk

First: reduce traffic exposure

Signal and move to a safe location if you can do so without losing control. Turn on hazard lights. Note your road, direction, nearest exit or mile marker. Do not stop in a travel lane to inspect damage when you can safely move out of traffic.

Stay or exit based on the danger

If safely off the road, remaining belted in a locked vehicle may be safer while help comes. For fire, smoke, or a location exposed to collision, leave when safe and move away from traffic, preferably behind a barrier. Do not stand beside the car in moving traffic or attempt repairs there.

Arrange verified assistance

Use the number in your insurance, membership or manufacturer records. Confirm the provider and truck before accepting help. You can speak through a closed window and decline an unsolicited ride. If threatened, call 911; share your exact location and vehicle description.

After a collision

Call 911 for injury, fire, traffic danger or threats. Follow dispatcher instructions; do not move an injured person unless immediate danger requires it. Exchange required information when safe and document from a safe place. Do not pursue a fleeing driver or argue in traffic.

Before driving

Check fuel, tires and phone charge. Save roadside assistance offline; carry a flashlight and basic supplies. Plan an accessible backup ride. Never drive through floodwater.

Sources: [14], [46]; roadside choices are practical planning tools. Linked directory at the end. Planning tools are not guarantees.

PREPARE YOUR LIVING SPACE

Fire, carbon monoxide and severe weather

Know whether to evacuate or shelter - they are different emergency actions.

NOTICE

Alarm, smoke or weather warning

ACT

Use the correct exit or shelter

GET HELP

911; official weather and campus alerts

Fire: get out and stay out

Know two ways out where possible and an outside meeting point. Keep exits clear; use working smoke alarms. Leave promptly when fire threatens, close doors behind you if safe and use stairs, not elevators unless firefighters direct otherwise. Call 911 from outside. Never reenter for belongings. If trapped, close the door and tell 911 your exact location.

Carbon monoxide: fresh air first

CO is odorless and colorless. Use working CO alarms and follow their instructions. An alarm or suspected exposure means get everyone outside and call 911. Headache, dizziness, nausea or confusion can be signs. Do not go back inside until cleared. Never use grills or generators indoors or run a car in an enclosed garage.

Tornado warning: shelter now

Identify your building's designated shelter before a storm. Use a basement, safe room or small interior room on the lowest level, away from windows; protect your head and neck. Follow campus drills and official alerts. Avoid large open rooms. Arrange an accessible shelter route before you need it.

Prepare for disrupted services

Keep water, essential medication, a flashlight, power bank, shoes and emergency contacts available. Know how to receive alerts without relying on outdoor sirens alone. Ask housing about evacuation assistance and repair broken alarms promptly.

Sources: [39], [40], [41]. Linked directory at the end. Planning tools are not guarantees.

MEDICAL EMERGENCIES: ACT PROMPTLY

Allergies, overdose, bleeding and CPR

Check scene safety. Call 911; follow dispatcher instructions and your training.

NOTICE	ACT	GET HELP
Breathing trouble or collapse	Call 911; get emergency equipment	EMS and dispatcher guidance

Severe allergic reaction

Trouble breathing, throat/tongue swelling, faintness or altered responsiveness can be an emergency. Call 911. Help the person use prescribed epinephrine according to their action plan; administer if trained. Do not substitute an antihistamine or wait to see whether symptoms pass.

Suspected opioid overdose

If someone cannot wake or has slow/absent breathing, call 911 and give naloxone if available, following its instructions. Follow dispatch guidance for breathing support/CPR. Stay with them; repeat naloxone as directed by the product or dispatcher. Improvement does not cancel the need for emergency care. Naloxone does not reverse alcohol overdose.

Life-threatening bleeding

Call 911. Use a dressing or clean cloth and firm, continuous pressure on the wound; use gloves if available. Do not remove an embedded object; apply pressure around it. Use a tourniquet for severe limb bleeding if trained. Stay with the person until help arrives.

Unresponsive and not breathing normally

Call 911 on speaker, send someone for an AED, and begin CPR following dispatcher instructions. Gasping is not normal breathing. Turn on the AED and follow its prompts. Take a recognized CPR/AED and first-aid course; this page cannot replace hands-on training.

Sources: [6], [42], [43], [44], [45]. Linked directory at the end. Planning tools are not guarantees.

A RARE BUT URGENT EMERGENCY

Weapons threats and an active attacker

Your priority is survival. Do not approach, film or investigate an attacker.

NOTICE	ACT	GET HELP
A credible weapon threat	Escape if a safe route exists	911 when safe; campus alerts

Before an emergency

Notice exits and shelter options in classrooms, workplaces and venues. Enroll in official emergency alerts and learn the campus emergency plan. Report threats to the appropriate campus team or police; call 911 for immediate danger.

Run: escape if possible

Leave belongings behind. Choose a route away from the threat, help others if possible without delaying escape, and do not move injured people. Prevent others from entering danger if you can do so safely. Call 911 when safe.

Hide: if you cannot escape

Get out of view. Lock and barricade the door if possible; silence your phone including vibration, and remain quiet. Seek cover that offers protection where available. Do not expose yourself to record video or investigate sounds.

Fight: only as a last resort

If your life is in imminent danger and you cannot escape or hide, act to disrupt or incapacitate the attacker. This is a last resort, not a requirement to confront an armed person. Follow official training tailored to your setting and access needs.

When officers arrive

Keep hands visible and empty; follow instructions. Avoid sudden movements and do not run toward or grab officers. Initial responders may pass injured people to stop the threat; medical help follows. Report the location, description and weapons only as you know them.

Sources: [47]. Linked directory at the end. Planning tools are not guarantees.

PRINT OR SAVE FOR QUICK ACCESS

Emergency action card

Give your location first. Hotlines do not dispatch ambulances.

What is happening	First action / where to go
Immediate threat, serious injury, breathing trouble or collapse	Call 911. State address, building, room or road location. Follow dispatcher instructions.
Suspected drugging or alcohol overdose	Get urgent medical help; do not drive or leave someone to sleep it off. See Page 14.
Possible opioid overdose	Call 911; give naloxone if available; follow breathing/CPR instructions. See Page 31.
Fire / suspected carbon monoxide	Get outside if you can safely evacuate; call 911. Do not reenter. See Page 30.
Tornado warning	Go promptly to designated shelter or lowest-level interior room away from windows. See Page 30.
Armed attacker	Run if possible; hide if you cannot escape; fight only as last resort for imminent danger. See Page 32.
After sexual assault	Get somewhere safer and seek medical care promptly. RAINN: 800-656-4673. See Page 16.
Suicide crisis without immediate physical emergency	Call/text 988. For immediate life-threatening danger, use 911.
Controlling partner or stalking	Independent safety planning: 800-799-7233. See Pages 13 and 28.

My address and backup contact
Address / building / room: _____
Trusted contact / phone: _____

If your phone is unavailable, ask a named person or staffed business to call. Do not delay emergency care while searching for evidence or an internal reporting contact.

Sources: [1], [4], [5], [6], [39]-[45], [47]. Linked directory at the end. Planning tools are not guarantees.

MAKE THIS GUIDE LOCAL

My campus and community contacts

Fill in verified contacts now. No single number serves every campus or community.

Find and verify

Use your school's official website and annual security report. Search the school name plus "campus emergency," "confidential advocate," "Title IX," "housing," and "accessible transportation." Confirm office hours, after-hours help and confidentiality. Ask a local advocate which facility currently provides forensic exams.

Resource	Name / phone / after-hours option
Campus emergency / nonemergency	_____
Confidential sexual assault / DV advocate	_____
Title IX / student conduct / housing	_____
Counseling / accessibility office	_____
Community police nonemergency	_____
Nearest emergency department / address	_____
Forensic exam provider / call before travel	_____
Accessible shuttle / escort / backup ride	_____
Roadside assistance / insurer	_____

When your phone is dead, lost or monitored

Carry a small paper card with your address and two trusted numbers. Identify staffed places where you can ask to call for help. Keep backup ride funds if possible. A private browser does not secure a monitored device; use a safer device for abuse support.

Do not publish completed contact sheets containing private addresses or personal medical information. Check contacts each term and after moving. Continue with your personal plan on Page 35.

Sources: [1], [4], [10], [19]. Linked directory at the end. Planning tools are not guarantees.

PRINT, FILL IN AND SAVE

My personal safety plan

Keep a copy with a trusted person if you choose. Avoid storing sensitive details on a monitored device.

My essential contacts

Trusted person 1 / phone: _____
Trusted person 2 / phone: _____
Campus emergency / nonemergency: _____
Confidential advocate / counseling: _____
Title IX / housing / accessibility: _____

My locations

Home address / building / room: _____
Nearest emergency department: _____
Forensic exam provider / phone: _____
Two staffed safe places: _____

My exit and check-in plan

Primary ride / backup / budget: _____
Code word and what it means: _____
Check-in time and missed-check-in steps: _____
_____

Access and health needs

Medication / allergies / communication / mobility needs:
_____
_____

Before I leave
Phone + charger | ID + medication | ride + backup | trusted contact | accessible exit.
In an emergency: 911. Sexual assault support: 800-656-4673. Emotional crisis: 988.

Optional practice: say your address aloud; send a sample help text; locate your phone's emergency features; rehearse leaving a gathering with a friend. Store only the details you need.

SOURCE DIRECTORY

Sources and further help (1/4)

Sources checked October 12, 2026. Links are clickable; policies and contact details can change.

[1] RAINN: National Sexual Assault Hotline
https://rainn.org/help-and-healing/hotline/
Hotline contact options, support and confidentiality limits.

[2] RAINN: Campus Sexual Violence Prevention & Response
https://rainn.org/strategies-to-reduce-risk-increase-safety/campus-prevention-response/
Student prevention, support and bystander options.

[3] RAINN: Consent 101
https://rainn.org/share-the-facts/consent-101-respect-boundaries-and-building-trust
Consent and communication.

[4] National Domestic Violence Hotline
https://www.thehotline.org/
Relationship abuse support and contact details.

[5] 988 Suicide & Crisis Lifeline
https://988lifeline.org/
Call, text and chat crisis support.

[6] NIAAA: Understanding the Dangers of Alcohol Overdose
https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-dangers-of-alcohol-overdose
Emergency signs and response.

[7] RAINN: Getting a Sexual Assault Forensic Exam
https://rainn.org/2240/getting-a-sexual-assault-forensic-exam-safe/
Exam options and evidence preservation.

[8] RAINN: Drug-Facilitated Sexual Assault
https://rainn.org/what-counts-as-sexual-violence/get-the-facts-about-drug-facilitated-sexual-assault/
Symptoms and prompt medical evaluation.

[9] SPARC: Risk & Safety / Documentation Log
https://www.stalkingawareness.org/risk-and-safety/
Stalking safety planning and documentation.

[10] NNEDV Safety Net: Technology Safety Plan
https://www.techsafety.org/resources-survivors/technology-safety-plan
Planning account and location changes safely.

[11] NNEDV Safety Net: Evidence Primer
https://www.techsafety.org/evidence-primer
Technology evidence and preservation.

[12] Uber Help: Identify a Driver and Vehicle
https://help.uber.com/riders/article/how-to-identify-a-driver-and-their-vehicle?nodeId=02746faf-1bc6-4d3f-8ba2-ab35f36d7191
Match a booked ride to its vehicle and driver.

SOURCE DIRECTORY

Sources and further help (2/4)

Sources checked October 12, 2026. Links are clickable; policies and contact details can change.

[13] StopHazing: Digital Tools & Downloads
https://stophazing.org/resources/digital-tools-downloads/
Hazing warning signs and education.

[14] HSE Blog: 15 Essential Safety Tips Every Woman Should Know
https://www.hseblog.com/women-safety/
Supplementary practical home/travel ideas; not relied on for medical or legal claims.

[15] DOJ: Sexual Assault Medical Forensic Examination Information
https://www.justice.gov/ovw/sexual-assault-medical-forensic-examination-safe-information
National clinical protocol and survivor-centered care.

[16] CDC: Preventing HIV with PEP
https://www.cdc.gov/hiv/prevention/pep.html
PEP must start within 72 hours; earlier is better.

[17] CDC: Emergency Contraception
https://www.cdc.gov/contraception/hcp/usspr/emergency-contraception.html
Time-sensitive pregnancy prevention options.

[18] U.S. Department of Education: Sex Discrimination FAQ
https://www.ed.gov/laws-and-policy/civil-rights-laws/frequently-asked-questions-sex-discrimination
Supportive measures and Title IX processes.

[19] Federal Student Aid: Consumer Information & School Reporting
https://fsapartners.ed.gov/knowledge-center/fsa-handbook/2025-2026/vol2/ch6-consumer-information-and-school-reporting
Annual Security Reports and written rights/options.

[20] Emergency medicine research: Management of Strangulation
https://pmc.ncbi.nlm.nih.gov/articles/PMC9013263/
Hidden injuries and medical assessment after strangulation.

[21] FHE Health: What to Know if You Were Drugged
https://fherehab.com/learning/if-you-were-drugged
Supplementary discussion; clinical response is grounded in RAINN and NIAAA.

[22] RAINN: If You Have Been Assaulted
https://rainn.org/help-and-healing/if-youve-been-assaulted/
Survivor support and choices after assault.

[23] RAND: Safety and Security at Institutions of Higher Education
https://www.rand.org/pubs/research_reports/RRA2999-1.html
Institutional safety planning and research.

[24] CDC: Symptoms of Mild TBI and Concussion
https://www.cdc.gov/traumatic-brain-injury/signs-symptoms/index.html
Adult head-injury danger signs and delayed symptoms.

SOURCE DIRECTORY

Sources and further help (3/4)

Sources checked October 12, 2026. Links are clickable; policies and contact details can change.

[25] NIAAA: Interrupted Memories - Alcohol-Induced Blackouts
https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/interrupted-memories-alcohol-induced-blackouts
Blackout types, memory formation and risks.

[26] RAINN: Get the Facts About Grooming
https://rainn.org/get-the-facts-about-sexual-violence/get-the-facts-about-grooming/
Power imbalances, manipulation and exploitation.

[27] EEOC: Sexual Harassment
https://www.eeoc.gov/sexual-harassment
Workplace harassment and authority relationships.

[28] EEOC: Retaliation
https://www.eeoc.gov/retaliation
Protection for covered employment discrimination complaints.

[29] EEOC: Time Limits for Filing a Charge
https://www.eeoc.gov/time-limits-filing-charge
External filing deadlines and internal procedures.

[30] Childhelp: Support and State Reporting Contacts
https://childhelphotline.org/
Child-abuse support and state reporting routes.

[31] The Hotline: What Is Spiritual Abuse?
https://www.thehotline.org/resources/what-is-spiritual-abuse/
Use of religious beliefs or authority to control; applied here to authority settings.

[32] Police.uk: Preventing Car and Vehicle Theft
https://www.police.uk/cp/crime-prevention/keeping-vehicles-safe/preventing-car-vehicle-theft/
Vehicle locks and visible, illuminated parking.

[33] West Yorkshire Police: Personal Safety While Driving
https://www.westyorkshire.police.uk/ask-the-police/question/Q86
Move toward a place with people when followed; U.S. emergency numbers used here.

[34] PSNI: Preventing Car and Vehicle Theft
https://www.psni.police.uk/safety-and-support/roads-and-driving/preventing-car-and-vehicle-theft
Lock unattended cars at petrol stations and at home.

[35] U.S. Department of Education: File an OCR Complaint
https://www.ed.gov/laws-and-policy/civil-rights-laws/file-complaint/how-file-discrimination-complaint-ocr
Discrimination complaint routes, jurisdiction and timelines.

[36] Damsel in Defense: Product Categories
https://damselindefense.net/
Optional commercial resource; availability is not independent effectiveness evidence.

SOURCE DIRECTORY

Sources and further help (4/4)

Sources checked October 12, 2026. Links are clickable; policies and contact details can change.

[37] The Hotline: Create Your Personal Safety Plan
https://www.thehotline.org/plan-for-safety/create-your-personal-safety-plan/
Planning before, during and after leaving abuse.

[38] The Hotline: When Your Partner Threatens Suicide
https://www.thehotline.org/resources/when-my-partner-threatens-suicide/
Crisis support without submitting to control.

[39] U.S. Fire Administration: Home Fire Escape Plans
https://www.usfa.fema.gov/prevention/home-fires/prepare-for-fire/home-fire-escape-plans/
Evacuation, stairs, exits and meeting points.

[40] CDC: Carbon Monoxide Poisoning Basics
https://www.cdc.gov/carbon-monoxide/about/
CO alarms, symptoms and prevention.

[41] National Weather Service: During a Tornado
https://www.weather.gov/safety/tornado-during
Shelter choices and official alerts.

[42] Red Cross: Allergic Reaction / Anaphylaxis
https://www.redcross.org/take-a-class/resources/learn-first-aid/allergic-reaction-anaphylaxis
Emergency signs and epinephrine assistance.

[43] CDC: Lifesaving Naloxone
https://www.cdc.gov/stop-overdose/caring/naloxone.html
Opioid overdose reversal and emergency response.

[44] Red Cross: Life-Threatening External Bleeding
https://www.redcross.org/take-a-class/resources/learn-first-aid/bleeding-life-threatening-external
Direct pressure and trained bleeding control.

[45] Red Cross: Adult Cardiac Arrest
https://www.redcross.org/take-a-class/resources/learn-first-aid/adult-cardiac-arrest
Emergency CPR and AED response.

[46] NHTSA: Summer Driving Tips
https://www.nhtsa.gov/summer-driving-tips
Vehicle preparation and emergency roadside supplies.

[47] FBI: Active Shooter Quick-Reference Guide
https://www.fbi.gov/how-we-can-help-you/active-shooter-safety-resources/active-shooter-event-quick-reference-guide
Run, hide, fight and responding officers.

[48] RAINN: Report and Remove Intimate Images and Deepfakes
https://rainn.org/reporting-sexual-assault-to-law-enforcement/how-to-report-tech-enabled-sexual-abuse/
Platform reporting, hashing tools and support.

Before distribution, fill in campus contacts on page 35 and check local policies.