Rice University Student Safety Plan

My safety is important. I will trust my judgment and my gut. I have a right to ask for help from law enforcement if I feel I am in danger.

This document is intended to help support your own efforts to stay safe. It is not designed as a one-size-fits-all checklist, but as a list of ideas and suggestions for you to choose from.

Important Phone Numbers

RUPD and EMS (on-campus) ................................................. (713) 348-6000 (24/7)
HPD and EMS (off-campus) .................................................. ................................................. 911 (24/7)
Rice Counseling Center .......................................................... (713) 348-4867 (24/7)
Office of Sexual Violence Prevention and Title IX Support ........... (713) 348-3311
Student Wellbeing ................................................................. (713) 348-3311
Student Judicial Programs ...................................................... (713) 348-4786
Rice University Title IX Coordinator ..................................... (713) 348-4350
Houston Area Women's Center .............................................. (713) 528-2121 (24/7)
Montrose Center ................................................................. (713) 526-3211 (24/7)

Safety on Campus

☐ The places I feel safest on campus are ________________________________.
☐ The safest way for me to get to my classes is ____________________________.
☐ I know my perpetrator likes to go to these places around campus: ______________
  ______________. I can avoid these places whenever possible. If I do not
  want to or cannot avoid them, I can take my friends ____________ or __________
  with me when I go there, or I can ________________________________.
☐ If I see my perpetrator while I am walking around campus and I feel unsafe, I can
  call RUPD or ______________.
☐ If my perpetrator is showing up at my classes, my dorm, my work or internship on
  campus, or just always seems to be where I am, that could be stalking. If I think s/he
  is stalking me, I can call RUPD or talk to the Title IX Resource Navigator or
  ________________________________.
☐ If I am walking around campus late at night or need to get to my car late at night, I
  can call RUPD for a night escort.
☐ I can park my car in a different place than I normally would if I feel the perpetrator
  knows where my car is or might harm my car. I can change the locks on my car if the
  perpetrator has a key or look into installing an alarm system.
☐ To help me feel safe going to parties or social events, I can ask my friends
  ____________ and ____________ to go with me. If I run into my perpetrator, I can
  ________________________________.
  I could also ________________________________.
☐ If I have a protective order, I can give a copy of it to RUPD.
If I do not feel safe in my classes or on campus, I can ask about my options with the Title IX Resource Navigator.

I could also ________________________________________________________________.

Safety at Residence – on Campus

☐ I can keep my door and windows locked and ask my roommates to do the same.
☐ I can ask RUPD to do a security check of my room.
☐ I can tell my roommates to call RUPD or to ______________________________ if the perpetrator shows up/is violent.
☐ I can tell my Masters/RAs/HRFs to call RUPD or to _______________________________ if the perpetrator comes to my college/residence or is violent.
☐ I can tell ______________, ______________, and ______________ at my college/residence that the perpetrator and I are no longer in a relationship or are no longer on good terms and that they should call RUPD or ______________________________ if s/he shows up.

☐ If I no longer feel safe in my college/residence, I can talk to the Title IX Resource Navigator about my options.
☐ I could also ________________________________________________________________.

Safety at Residence – off Campus

☐ I can change the locks to my door and windows.
☐ I can install a security system or a lighting system outside my residence.
☐ I can ask law enforcement to do a security check or walk-through of my residence.
☐ I can tell my neighbors ________________________________ that the perpetrator and I are no longer in a relationship or are no longer on good terms and that they should call HPD or ______________________________ if s/he shows up.

☐ I can seek legal consultation to find out the options about breaking my lease if I do not feel safe in my apartment.
☐ I could also ________________________________________________________________.

Safety with Technology

☐ I could get a different phone number or block my perpetrator on my cell phone, and ask my friends and family to not give out my new number.
☐ I can change the passwords to my email, social media, school, banking, etc accounts, especially if my perpetrator has the passwords. I can make sure my web browsers are not storing my passwords.
☐ I can think about privacy settings for my social media accounts. I can check what settings are already on and consider making my accounts more private. If I feel safe and comfortable doing so, I could delete some of my social media accounts.
☐ I can get a new email address that only I have the password for.
☐ I could set my student directory info at Rice to be confidential. I can do this by logging into Esther. If I am unsure how to do this, I can ask the Title IX Resource Navigator or another person on campus I trust for help.
I can ask RUPD, HPD, or Rice IT to look over my phone, computer, and other technology to make sure no spyware or malware has been installed.

I could also ______________________________.  

Safety at Work

The safest way for me to get to and from work is ______________________________.  

I can tell ____________________________ at work what is going on or ask them to call RUPD/HPD if they see my perpetrator.

I can ask ____________________________ to screen my calls for me at work. I will ask them to tell my perpetrator ______________________________.

If possible, I could talk to my boss about switching my work schedule around so I work different shifts than usual or come in at different times.

I could also _________________________________.  

Safety with Children

I can get my children support by having them talk to a counselor at school, a counselor at HAWC or another organization, or _________________________________.  

If I have a protective order, I can give copies of it to my children’s school(s) or daycare, babysitters, after-school caretakers, or others and talk to them about what it means.

I can teach my children how to use the phone to call the police for help.

I can talk to anyone who takes care of my children about who has permission to pick them up and that the perpetrator is not permitted to do so. I will inform their school, daycare, coaches, religious instruction leader, after-school caretakers, babysitters, and _________________________________.

I can teach my children a code word and what they should do when I use the word. For example, I may teach them to run to the neighbors and call the police.

I can seek legal counsel on how to obtain legal custody or protections for my children.

I could also _________________________________.  

Safety Leaving/Ending the Relationship

My biggest safety concerns when ending the relationship are _________________________________. I can talk to the Title IX Resource Navigator, the Houston Area Women’s Center, the RCC, or ________________________________ about making a plan to address these concerns.

I can think carefully about how to end the relationship. It may not be safe for me to do it in person, so I could tell them by _________________________________.

I will tell _______________, _______________, and _______________ that I am planning on ending the relationship.

If the perpetrator responds badly to the breakup or the request for no contact, I can _________________________________.

If I live with or share a space with the perpetrator:
☐ I can prepare any items I may need to take with me when I exit the relationship before doing so. These could include money or important documents such as ________________________________.

☐ If I rely on the perpetrator for transportation can establish my own transportation by ________________________________.

☐ I can check in with ____________ or ____________ to see if I would be able to stay with them.

☐ I can call the Houston Area Women’s Center at 713-528-2121 or RUPD at 713-348-6000 for emergency housing.

☐ If I have pets or animals, I will make a plan for them to be placed with others or to take them with me.

☐ I will be cautious about planning to end the relationship. I may not want to leave information about relationship or sexual violence support around, or let the perpetrator know that I am preparing to end things.

☐ I could also ________________________________.

Safety Staying in the Relationship
☐ I have the right to stay in or exit a relationship at any time for any reason. I have the right to make this choice and to not have my family, friends, partner, or anyone else make it for me.

☐ I can talk to ______________ or _____________ when I need to vent about the relationship or to get support.

☐ During an incidence of violence or abuse:
   ☐ I can think ahead of time about how to get out of the space.
   ☐ I can ask my friends or neighbors __________________________ to call RUPD/HPD if they hear suspicious noises coming from my residence.
   ☐ I can teach my children or roommates a code word so they know to call for help.

☐ During an argument or if things are escalating, I could try to position myself closer to an exit and away from dangerous or blocked spaces like the bathroom or kitchen.

☐ I could also ________________________________.

Emotional Safety
☐ The things I can do to help myself feel strong and supported are ________________________________

☐ The people I can talk to for support are ________________________________.

☐ I can think about getting counseling or therapy with the RCC, HAWC, or another agency.

☐ If I start thinking I want to return to the relationship, I can ________________________________

☐ I can also ________________________________.