

Sexual Assault Safety Plan Worksheet

Directions: 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.

SARC/SAPR VA	
Family	
Friends/Neighbors	
SVC/VLC	
Command	
911/Military Police	
Domestic Violence Hotline	
IG	

2. What to do if I encounter the accused 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)	

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

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)?

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	