



DEPARTMENT OF DEFENSE
**SEXUAL ASSAULT PREVENTION
AND RESPONSE OFFICE**



SEXUAL ASSAULT SAFETY PLAN WORKSHEET
MAY 9, 2023

Directions: Complete all sections of this safety plan worksheet with a SARC/SAPR VA. Keep a paper copy of this document and other important documents in a safe and secure place.

Who can help me and where can I go in case of an emergency?	
<i>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 emergency.</i>	
SARC/SAPR VA	
Family	
Friends/Neighbors	
SVC/VLC	
Command	
911/Military Police	
Domestic Violence Hotline	
Inspector General	

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...	

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...	

How can I stay 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:

How can I stay 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):	

How can I stay safe Online? (Device and social media/online profile safety)	
I will make these modifications to ensure my technology and social media profiles are secure (e.g., change passwords, review privacy settings, disable location sharing)	

What to do if I begin 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...	