

Students in abusive
relationships most
often tell a friend...

What would
you do to help?



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I want to help, but how?

What if I make things worse?

I'm worried about her.

Does she have a plan?

What would I do if I was her?

Would my friends help me?

What's my plan?



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Decide What's Safe

Criticizing, Judging, Humiliating, Undermining,
Name calling, Throwing things, Destroying
property, Manipulation, Threats of violence,
Isolation from friends and family, Controlling
behavior, Constantly checking up on you,
Humiliating on social media, Monitoring
your phone or online use, Extreme jealousy,
Controlling finances, Preventing from working,
Sabotaging academics, Forced sex, Messing
with birth control, Stalking, Pushing, Grabbing,
Pulling Hair, Slapping, Punching, Kicking,
Choking, Threats with or using a weapon

Any of these sound familiar?

Make a plan.



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College-aged (18-24) women
are at the highest risk for
abusive relationships.

They most often disclose
the abuse to a friend.

What if **you** are
that friend?



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If you're experiencing abuse from a partner or ex, safety planning is the most widely advocated intervention to help stay safe.

...yet the vast majority of students **NEVER** receive safety-planning services.

Learn how to create a **safety plan** privately and confidentially.



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All genders and ages
experience abuse, but....

College-aged (18-24)
women are at the
highest risk for
dating abuse



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Decide What's Safe

Go to class



Hit the gym



Meet up with study group



Support my friend



What's **your** plan?



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myPlan is a guide to determining if you or a friend is in a relationship that is unsafe and helps create a personalized safety plan.



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