

UCI Workplace Violence Prevention Program

Safety Planning

Safety planning involves thinking of strategies to ensure your safety and minimize the risk of future harm. This process can include preparing for potential crises, evaluating your choices, and deciding on your next steps. Mentally rehearsing your plan will give you something to fall back on during a stressful situation.

Creating a personal safety plan to protect yourself against targeted violence is crucial. Here are some steps you can take:

1. Understand your risks:

1. **Identify potential targets:** Consider locations that you frequent (home, work, school, etc.) and if any could be potential targets for violence.
2. **Assess your vulnerability:** Evaluate your personal risk factors. Are you part of a group that has been targeted before?
3. **Research potential threats:** Stay informed about current events, crime trends and potential threats in your community.

2. Prevention strategies:

1. **Be observant:** Pay attention to your surroundings. Notice exits, potential hiding places and anything unusual or suspicious.
2. **Identify safe spaces:** Know the safest places in your home and workplace where you can go if you feel threatened. Avoid rooms without exits or with potential weapons (e.g., kitchen).
3. **Vary your routine:** When possible change your routine (don't park in the same spot or walk the same path to and from work, home, etc.)
4. **Emergency contacts:** Keep a list of emergency contacts, including friends, family, and local authorities. Make sure these contacts are easily accessible.
5. **Escape plan:** Plan and practice how to leave your home or workplace quickly and safely. Identify multiple exit routes and rehearse them regularly.
6. **Code words or signals:** Establish code words or signals with trusted individuals to signal when you need help. This can be useful if you need to communicate discreetly.
7. **Safety apps:** Use safety apps on your phone that can alert emergency contacts and authorities if you're in danger. Some apps also have features like location tracking.
8. **Self-defense training:** Consider taking self-defense classes to build your confidence and ability to protect yourself.
9. **Support network:** Build a support network of friends, family, and professionals who can provide emotional and practical support.
10. **Restraining orders:** If applicable, obtain a restraining order against the person posing a threat. Keep a copy with you at all times.
11. **Trust your instincts:** Always trust your instincts. If something feels wrong, take action to protect yourself immediately.

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3. Security Measures:

1. **Home security:** Reinforce your home with good locks, alarms, security cameras, and adequate lighting.
2. **Cyber security:** Protect your on-line presence. Be mindful of what you share online and who has access to your information.
3. **Workplace security:** Familiarize yourself with your workplace's security procedures and emergency response procedures. Know escape routes and safe areas.

4. Response Strategies:

1. **Notify:** If safe to do so, call/text 9-1-1.
2. **Run/Hide/Fight:**
 1. Run (escape): If there is a clear and safe escape path, leave your belonging behind and evacuate immediately.
 2. Hide (barricade): If escape is not possible, find a secure hiding place out of sight and behind a strong barrier. Silence your phone.
 3. Fight (defend): Only as a last resort, if your life is in imminent danger, fight back with whatever means are available (anything sturdy like a fire extinguisher, chair, thermos, pen, etc.). Be aggressive and committed to your survival ("I WILL SURVIVE")

5. Resources:

1. California Courts Self-Help Guide: <https://selfhelp.courts.ca.gov>
 1. Orange County: <https://occourts.org/self-help>
 2. LA County: <https://www.lacourt.org/selfhelp/selfhelp.aspx>
 3. San Bernadino County: <https://ww.sb-court.org/self-help>
 4. Riverside County: <https://riverside.courts.ca.gov/self-help>
 5. San Diego County: <https://www.sdcourt.ca.gov/sdcourt/generalinformation/selfhelp>
2. Safety and Prevention
 1. Rape, Abuse & Incest National Network (RAINN): <https://rainn.org/safety-prevention>
 2. Violence Prevention Training: <https://vptraining.org/courses/community-member-training>

"An ounce of prevention is worth a pound of cure."

- Benjamin Franklin