

SHARP Non-Clinical Sexual Assault Safety Plan Worksheet

Instructions: The SARC/VA will assist the victim with completing relevant information/sections of this safety plan worksheet. The worksheet should be kept by the victim for easy reference when needed. It is the responsibility of the victim to keep this document and other important documents in a safe and secure place. The SARC/VA will NOT keep any documentation related to this safety worksheet or plan.

1. Who can help me and where can I go, in case of an emergency if I need help or don't feel safe?

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/SHARP VA	
Family	
Friends/Neighbors	
SVC	
Command	
911/Military Police	
Counselor or Doctor	
IG	
DOD Safe Help line	

2. What to do if I encounter the subject?

I will say-	
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 <u>not</u> go there because the subject frequents this place	
I will let this trusted person know when I arrive at places	
Consider creating a discrete phrase to say to a friend or colleague when you feel unsafe.	

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 someone in my support system and can contact this individual when I need 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		
If I start to panic, I can		