



# Gender Based Violence Safety Planning

If you have experienced recent or historical gender-based violence (GBV), there are various reporting & support options available to you. The **Equally Safe Team** can support you to explore your choices and access information to improve your general safety & wellbeing.

## Safety Planning

Whilst you are never to blame for the abuse, we can help to reduce risk and maximise your safety by exploring the nature and pattern of the abuse – and from whom this has occurred. There are several key [internal & external services](#) who can support and develop a safety plan with you, to help protect you from further harms or abuse. You can also report your experience to the Police, by attending a police station, calling 101, or filling out this [online form](#). In an emergency always call 999.

## What is A Safety Plan?

A safety plan is a list of clear and practical steps you can take to protect yourself if you are experiencing abuse. The aim is to increase practical and emotional safety, and allow you to regain some control over what is happening to you. It can give reassurance and practical suggestions if you are feeling anxious about your safety.

The abuse you have suffered will vary, and may include multiple forms of GBV- such as stalking; harassment; sexual abuse; domestic abuse & others forms of coercive controlling

## USEFUL CONTACTS

### Emergency services:

Call **999** for the Police or Ambulance service if you feel at risk of immediate harm or danger

Call **101** for Police in non-emergency

**University Security:** 0131 650 2257

### Specialist GBV support:

#### **Equally Safe Team:**

[equallysafeteam@ed.ac.uk](mailto:equallysafeteam@ed.ac.uk)

**NHS SARCS – 0800 148 8888** to access a forensic medical examination and sexual violence support

**Edinburgh Rape Crisis Centre – 0131 556 9437** for sexual violence support.

**National Rape Crisis 08088 01 03 02**

**Abused Men in Scotland – 03300 949 395** (Mon-Fri 9am-4pm) for male domestic abuse support

**Edinburgh Women's Aid – 0131 315 8110** for female domestic abuse support. **Scotland's Women's Aid 0800 027 1234** (24hrs)

For a comprehensive list of local and national GBV support services, please visit: [edin.ac/GBV-support](http://edin.ac/GBV-support)

### Crisis support:

**NHS 24 – 111** for critical mental and physical health support outside of GP opening hours

**Edinburgh Crisis Centre – 0808 8010 414** for support if experiencing a mental health crisis

**Breathing Space – 0800 538 587** if you're feeling low, anxious, or depressed

The Samaritans – 116 126 to talk about anything that's worrying you

behaviour(s) from someone known to you, or a relative stranger. It is important to therefore seek specialist advice from support services who can discuss the types of abuse you have experienced- and from whom. A safety plan should never be taken as an absolute guarantee of safety as no one can fully predict the behaviours of someone who has been controlling and/or abusive. Levels of risk & safety may also change.

You are the most informed about the abuse you have experienced, therefore sharing information and history of previous patterns of abuse and any escalation in the behaviours of those hurting you is the most accurate predictor of further risk. Please seek support & advice, especially if you are feeling scared and increasingly fearful.

The following link to a safety plan can be used to give you practical & general examples of safety planning- for both yourself and any other direct family members or loved ones:

<https://www.edinburgh.gov.uk/downloads/file/27008/domestic-abuse-safety-planning-booklet>

### **Making a Safety Plan**

A useful step is to think about your specific situation and the potential risks for you and other people close to you. Some questions that might be helpful to consider are:

- Do you know who the abuser is- has there been a recent separation or change in the relationship?
- Has the level of contact/frequency/type of abuse or threats changed in any way- such as more physical/sexual or emotional abuse; stalking & harassment; online abuse/tracking your movements; withholding essential items or refusing to let you leave?
- Is the abuser living in the same household/building/halls as you or staying near you?
- Are there patterns to the abuse- for example, is it more likely to happen at particular times?
- Have threats been made to you and others around you (children, family, friends, pets etc)?
- Does the abuser know where you live and work/study? Have they followed you/approached you in public and/or online?
- Has anything recently changed for the abuser- mental health deterioration; been reported to the university or police- all of which

may increase their anger or resentment towards you- despite this not being your fault nor responsibility.

These and other questions can then help you to come up with some steps to help increase your safety. Below we include a few examples of what these steps could be:

- Telling a trusted person- such as a close friend/family member or someone at the university- this will be treated in confidence & please do not feel ashamed in any way.
- Having a working mobile phone on you at all times with emergency contacts saved in it. You may also consider downloading a safety app to record the abuse and also to access emergency contacts- <https://hollieguard.com/>
- You can also ask Police Scotland if your partner/ex has any known disclosures of domestic abuse against them & they will help you safety plan.  
<https://www.scotland.police.uk/secureforms/disclosure/>

## **Emotional Safety Planning**

If the person who caused you harm is in your classes, peer group, or lives in your accommodation, you can contact the Equally Safe Team, Residence Life or your Student Advisor to explore safety planning in each of these contexts. For more information on the process of making a formal complaint and precautionary suspension, please visit: [Requesting an investigation | The University of Edinburgh](#) and read our handout on 'Reporting Options'.

You can also receive indirect support such as moving labs, tutorials, rooms within student halls, and accessing separate study spaces if you speak with the EST or your school regarding your circumstances.

### **University Support**

The university has a 24/7 security team which you can contact on 0131 650 2257 or via email on [security@ed.ac.uk](mailto:security@ed.ac.uk)

<https://www.ed.ac.uk/estates/what-we-do/security/about/contact-security>

Residence Life also has a Community Support Team based at Pollock Halls 24/7 covering all campus accommodation & can be contacted on 0131 667 1971 or via emergency email [security24-7@ed.ac.uk](mailto:security24-7@ed.ac.uk)

<https://www.accom.ed.ac.uk/during-your-stay/security-support/>

<https://www.suzylampugh.org/students-and-personal-safety>

<https://www.ed.ac.uk/student-wellbeing-service>

### **Gender-based violence and general wellbeing tips**

Additional gender-based violence and general wellbeing information can be accessed here:

[www.nhs.uk/every-mind-matters/mental-wellbeing-tips/](http://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/)

[www.ed.ac.uk/students/health-wellbeing/wellbeing-services/self-help](http://www.ed.ac.uk/students/health-wellbeing/wellbeing-services/self-help)

[reportandsupport.ed.ac.uk/](http://reportandsupport.ed.ac.uk/)

[www.ercc.scot/information/little-green-book/](http://www.ercc.scot/information/little-green-book/)

<https://www.ed.ac.uk/students/health-wellbeing>

[www.consentcollective.com/edinburgh](http://www.consentcollective.com/edinburgh)