Getting Help

Upon request the University will assist with changing academic, living, transportation, and working situations. This request may be submitted to any University contact listed below.

Women's Center (MSAB #158) . . . 308.865.8279
Counseling Care . . . . . . . 308.865.8248
UNK Police Department . . . . 308.627.4811
UNK Safe Walk Program . . . . 308.224.0853 or 308.236.2488
Residence Life . . . . . . . . . 308.440.3547
Health Care . . . . . . . . . . . 308.865.8218
Title IX Coordinator . . . . . . 308.865.8655
UNK Conduct Officer . . . . . . 308.865.1619

Staying Safe

A safety plan, specific to you and your life, is a practical guide that helps lower the risk of being hurt by your abuser.

The safest way for me to go to class is: ____________________________

These are places on campus where I often run into my abuser: ____________________________ and ____________________________

(I will try and avoid those places as much as possible or try to go when s/he won't be there.)

There may be places on campus where it is impossible to avoid my abuser. If I need to go to one of those places I can make sure a friend can go with me. I will ask: ____________________________ and ____________________________

If I feel threatened or unsafe where I am at, I can go to these public areas to feel safe: ____________________________ or ____________________________

I can tell these people about what is going on in my relationship: ____________________________ and ____________________________

(If I feel unsafe during times when my roommate(s) gone, I will ask at least one of these individuals to stay with me.)

The safest way for me to leave my place of residence in an emergency is: ____________________________

I will use a code word so I can alert my family, friends, roommates and/ or hall mates to call for help without my abuser knowing about it. My code word is: ____________________________

I told my code word to the following people: ____________________________ and ____________________________
If I am starting to feel unsafe with my partner, I can:

- Ask my partner to leave. If additional help is needed, I should contact my Resident Assistant, Hall Director, UNK Police, or Kearney Police.
- Work with my friends and/or family on a reason I need to leave the situation. It can be helpful to have a code word/phrase that can be used with friends/family in conversation or through a text message.
- Make sure important numbers are programmed into my cell phone (911, UNK Police 308.627.4811, etc).
- Have an emergency evacuation plan. Try to avoid rooms that have weapons or rooms without any windows (ex: kitchen and bathroom). Refer to my safety plan on the other side. Contact the UNK Women's Center or the S.A.F.E. Center for help on developing this safety plan.

If I need a safe place to go, I can:

- Call a friend to make arrangements to stay at their place. I should refer to my safety plan for names, numbers & locations.
- Utilize the Safe Walk program (every night from 9 p.m. to 1 a.m.), which is offered through UNK Police, where an officer will safely escort me anywhere on, or within two blocks of, campus. To request an officer escort, call 308-224-0853 or 308-236-2488. To request an officer escort before or after Safe Walk hours, call 308-627-4811.
- Contact Kearney Police at 308.237.2104 if I would feel more comfortable being escorted to another location.

Once my partner has left, I can:

- Call 911 immediately, if I need medical assistance.
- Contact the UNK Women's Center for assistance in understanding available resources on- and off-campus.
- Make a report to UNK Police or Kearney Police of any crime(s) that may have occurred.
- Ensure there are no broken windows or locks in your place of residence.
- Petition to obtain a Protection Order by contacting the Buffalo County Clerk of the District Court. I can ask for help in completing the Protection Order by contacting the UNK Women's Center or the S.A.F.E. Center.
- Sign up for alerts through Vine Link (https://www.vinelink.com/vinelink) if my partner has been arrested.

If I feel I am being stalked, I can:

- Contact Kearney Police, UNK Police, or the Student Conduct Officer for legal and campus resources and remedies.
- Keep a log of my incidents with the stalker.
- Save anything I receive from the stalker and report them to the police, student conduct officer, etc.
- Inform those close to me so they do not give out my personal information.
- Petition to obtain a Protection Order by contacting the Buffalo County Clerk of the District Court. I can ask for help in completing the Protection Order by contacting the UNK Women's Center or the S.A.F.E. Center.

To increase my safety while on social networks, I can:

- Keep my primary email address private.
- Avoid posting personal information online (home address, where/when I'm going on vacation, work information, etc).
- Save offending messages and report them to police, student conduct officer, etc.