

# SAFETY PLAN

## ***Safety During a Violent Incident***

The following strategies may help increase the chances that you and your children can remain safe.

Take a few minutes to think about each strategy, you may find it useful to place a checkmark beside each one that you have incorporated as part of your personal safety plan.

1. \_\_\_\_ If I decide to leave, I have a quick way out of the home.
2. \_\_\_\_ I can keep my identification and car keys ready and place these items in a safe place so I can leave quickly.
3. \_\_\_\_ I am able to tell my neighbors, landlord, family, and close friends about the violence and I can ask that they call the police immediately if they hear suspicious noises coming from my house.
4. \_\_\_\_ I have selected a code word that I have shared with my children, family, friends and neighbors. If they hear me speak this word, they know to immediately call the police for help because they will know that I feel I am in danger.
5. \_\_\_\_ I have taught my children how to use the telephone to contact the police and the fire department.
6. \_\_\_\_ If an argument erupts, I know to try to move to a place in my house that is open and away from items that could be used as weapons. I will try to avoid arguments that trap me in spaces without access to an outside door.
7. \_\_\_\_ If I decide to leave my home, I will have a place to go.

## ***Safety When Preparing to Leave***

Victims of domestic violence often think about leaving their homes long before they actually make such a move. The decision to leave home is often made on short notice, but that does not mean you cannot prepare in advance for your safety.

You may find the following questions and personal checklist helpful if you are contemplating such a move.

1. \_\_\_\_ Are you able to leave money, an extra set of keys, copies of important documents, extra medicines and clothes with a friend or family member so that you can leave quickly?
2. \_\_\_\_ Can you open a savings account, or perhaps apply for a credit card in your own name to increase your independence?
3. \_\_\_\_ Can you keep shelter or hotline numbers, spare change or a calling card with you at all times for emergency phone calls?

## ***Personal Item Checklist***

These are items that can be assembled as you develop a safety plan for leaving home in an emergency. The items should be kept in a safe place, with a friend, neighbor, or family member, so that you have access to them after you have left your home.

<b>Personal Checklist</b>		
ITEMS	YES	NO
Cash/checkbook/credit cards	_____	_____
Drivers license	_____	_____
Social Security cards	_____	_____
Birth certificates	_____	_____
Green card	_____	_____
Passport	_____	_____
Public assistance card	_____	_____
Work permit	_____	_____
School/vaccination records	_____	_____
Keys (house, car, office)	_____	_____
Medications	_____	_____
Lease, house deed, rental agreements	_____	_____
Address book	_____	_____
Clothing	_____	_____
Order of protection	_____	_____
Toys	_____	_____

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## ***Safety On The Job and In Public***

Deciding to inform others of your personal situation is an individual choice.

You may want to consider telling some people so you will have support in case of an emergency. It may be helpful to consider the following strategies as you look to safeguard your personal safety at work and in public.

1. \_\_\_\_ Can you inform a supervisor, security personnel or coworkers of your current situation? If you feel you are in danger, can you provide a photograph of your abuser to building security?
2. \_\_\_\_ Can a coworker help you screen telephone calls at work?
3. \_\_\_\_ Can you vary your routes to and from your work? Can you arrange for someone to escort you to the car, bus, or train?
4. \_\_\_\_ Can you change your personal habits to possibly visit different grocery stores, shopping malls, or bank locations to conduct your business? Can you shop and conduct personal business at hours that are different from what your abuser may know as your routine?
5. \_\_\_\_ Do you keep a copy of your emergency order of protection with you at all times?
6. \_\_\_\_ Have you developed your own personal safety plan?

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## ***Emotional Health & Personal Safety***

Changing your circumstance and taking your life in a new direction will require emotional health, energy, and courage. It may be helpful for you to focus on positive activities.

Answering the following questions may be helpful in identifying activities that will work for you.

1. When I feel down and consider returning to an abusive situation, I can:

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2. When I have to communicate with my abusive partner in person or by telephone, I can do \_\_\_\_\_ to remain calm and in control.
3. I can tell myself \_\_\_\_\_ whenever I feel that others are trying to control or abuse me.
4. I can read \_\_\_\_\_ to help me feel stronger.
5. I can call or talk to \_\_\_\_\_ for emotional support.
6. Other things I can do to help me feel strong are \_\_\_\_\_.
7. I can attend workshops and support groups at domestic violence agencies to gain support from others and to learn more about myself and the abusive relationship.