



## **PERSONALIZED SAFETY PLAN**

The following steps represent my plan for increasing my safety and preparing in advance for the possibility of further violence. Although I do not have control over my partner's violence, I do have options when considering an action plan for responding to him/her and getting myself and my children to safety. I also have control over my own behavior and choices.

**I must be aware that my choice to use alcohol and/or drugs significantly impairs my ability to stay safe, care for my children, and make healthy life choices. I must understand that I must do anything within my power to get out of an abusive/violent relationship. My personal safety and the safety and well-being of my children, must come first.**

### **STEP 1:** Safety During A Violent Incident

- A. If we are going to have any argument, I can try to move to a space that is lowest risk such as \_\_\_\_\_ . (Try to avoid arguments in the bathroom, garage, and kitchen; near weapons or in rooms without access to an outside door.)
  - B. If it is not safe to stay, I can \_\_\_\_\_. (Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)
  - C. I can keep my purse and car keys ready and put them \_\_\_\_\_ so that I can leave quickly.
  - D. I can use \_\_\_\_\_ as my code word with my children or my friends so they can call for help.
  - E. I can teach my children how to use the telephone to contact the police and the fire department.
  - F. I can help my children create their own safety plan. (refer to the Stepping Stones Agencies' Child Safety Plan Model)
  - G. If I have to leave my home, I can go \_\_\_\_\_ or \_\_\_\_\_ . (Decide this even if you do not think there will be a next time.)
  - H. I can call the following telephone numbers in the case of an emergency:
    - 1. Call 911 (my children's safety as well as my own must come first)
    - 2. \_\_\_\_\_ 3. \_\_\_\_\_
    - 4. \_\_\_\_\_ 5. \_\_\_\_\_
- I can copy this list and keep it \_\_\_\_\_.

**MAKE SURE YOUR HOUSE NUMBER IS VERY VISIBLE SO EMERGENCY PERSONNEL CAN LOCATE YOU QUICKLY, ESPECIALLY AT NIGHT.**

**Use your judgment. If the situation is serious, do what you can to calm the batterer.  
You must protect yourself (and your children) until you are out of danger.  
Always remember: YOU DESERVE BETTER THAN THIS!**



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### **STEP 2:** Safety When Preparing to Leave

Abuse victims frequently leave the residence they share with the batterer. Leaving must be done strategically in order to increase safety. Batterers often strike back when they believe that a victim is leaving the relationship.

Don't say you are leaving or attempt to drop hints, JUST DO IT!

- A. I can leave money and an extra set of keys with \_\_\_\_\_ so that I can leave quickly.
- B. I can keep copies of important documents (such as birth certificates or naturalization papers for myself and my children, immunization records, passports, bank account numbers, driver's license, restraining order, etc. refer to checklist) and some extra clothes with \_\_\_\_\_.
- C. I can open a savings account to increase my independence. (preferably opened in a bank other than the one used by you and your partner.)
- D. Other things I can do to increase my independence include: \_\_\_\_\_.
- E. The domestic violence program's hotline number is \_\_\_\_\_. I can keep change for phone calls with me at all times. I understand that if I use my telephone credit card, the following month's telephone bill will tell my batterer those numbers that I called after I left. To keep my telephone communications confidential, I can either use coins or I might get a friend to permit me to use his/her telephone credit card for a limited time when I first leave.
- F. I can check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money.
- G. I can sit down and review my safety plan every \_\_\_\_\_ so that I know the safest way to leave home.
- H. I can rehearse my escape plan and, as appropriate, practice it with my children.
- I. I can have enough money to pay a cab to take me to a safe place, and if I am in an unfamiliar community enough money to pay for one or more nights to rent a motel room.
- J. I can deep a change of clothes for myself and/or my children at \_\_\_\_\_ (Identify you will keep these items at a neighbors house, at your job, or someplace else away from...the home.)
- K. If I have no place to go other than a motel, the motel I will go to is: \_\_\_\_\_ (You should go from your house to this motel several times so that in times of high stress the route is familiar.)
- L. Try to consider an appropriate time to leave your home. (i.e. while he's at work, out of town, etc.)



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### **STEP 3:** Safety in my Own Residence.

- A. If my partner no longer lives with me, I can take action to ensure my safety and my children's safety in our home. Safety measures I can use include:
- Acquire an order of protection.
  - Move. Often relocation is the only option. You must go to any lengths.
  - Call 911 as soon as there is any sign of the abuser.
  - Change the locks on doors as soon as possible.
  - Change the phone number to unlisted in a different name.
  - Obtain a post office box to keep my address confidential.
  - Have light outside of front door so you can clearly see who is knocking.
  - Notify neighbors that partner is dangerous and to call 911 immediately if he is seen in the area.
- B. I can teach my children to \_\_\_\_\_.
- C. I can inform \_\_\_\_\_ and \_\_\_\_\_ about who has permission to pick up my children.
- D. I can teach my children how to use the telephone to make a call to 911 and to \_\_\_\_\_ in the event that my abuser abducts them.
- E. I can inform \_\_\_\_\_ and \_\_\_\_\_ that my partner no longer resides with me and that they should call the police if he is observed near my home. I can provide a picture of my abuser to neighbors and school teachers so they will recognize him if he appears at my house or the children's school.



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### **STEP 4:** Safety with an Order of Protection

An Order of Protection is to enforce whatever restrictions/limitations outlined by you and set by the judge. You and the offender must obey all requirements. Please do not initiate contact with the offender for any reason. If you feel you must have contact with offender, call your counselor, case manager or victim advocate before proceeding.

- A. File for *Order of Protection* with your local court.
- B. I can keep my Order of Protection \_\_\_\_\_. (Always keep it on or near your person. If you change purses, that is the first thing that should go in the new purse.)
- C. If my abuser breaks the protective order I can call 911.
- D. If police are not responsive, I can call 911 again, call out for help, go to the nearest neighbor or public place and alert someone of your situation.
- E. I can inform \_\_\_\_\_ and \_\_\_\_\_ that I have an Order of Protection in effect.
- F. If I misplace my copy of the order or if it is destroyed, I can get another copy from the local courts.

### **STEP 5:** Safety on the Job and in Public

- A. I can inform at least one co-worker at work of my situation, so that in case the offender shows up at the workplace, someone will know to call 911 or if I do not show up for work someone will know to call 911.
- B. I can use voice mail, the receptionist or co-worker to help screen my phone calls at work.
- C. When leaving work, I can \_\_\_\_\_. (ex: take different routes home, drive with a friend.)
- D. If problems occur when I am driving home, I can lock my car doors and drive to the nearest police station or "safe" public area.
- E. If I use public transportation, and problems occur, I can \_\_\_\_\_. (ex: scream, notify driver, don't get off in unsafe area.)



EMPOWERING WOMEN...CHERISHING CHILDREN

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**CHECKLIST FOR SAFETY PLAN WHEN LEAVING**

**What I need to take when I leave:**

**Identification for myself and my children including:**

- Driver’s License
- Birth Certificate(s)
- Passport(s)
- Social Security Card(s)
- Green Card
- Work Permits
- Welfare, Medicaid Card(s)

**Important papers:**

- Lease or rental agreements
- House Deed
- Mortgage payment book
- Insurance Papers
- Medical Records (for whole family)
- School Records
- Divorce Papers
- Car payment book (if you own or are taking the car.)

**Financial Resources:**

- Money
- Bank Book(s)
- Credit Card(s)
- Checkbook

**Miscellaneous:**

- Keys to house, car, office, safety deposit box, post office box, etc.
- Medications
- Jewelry
- Small saleable objects
- Address (phone numbers) book
- Pictures, picture albums
- Items of special sentimental value
- Children’s favorite toys and/or blankets

**Other:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I CAN KEEP THE ITEMS CONCERNING ME IN ONE LOCATION:**

\_\_\_\_\_.

**IF I HAVE TO LEAVE IN A HURRY, I CAN GRAB THOSE ITEMS QUICKLY.**

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**IMPORTANT PHONE NUMBERS:**

911

Battered Women’s Shelter \_\_\_\_\_

DV Hotline \_\_\_\_\_

Other \_\_\_\_\_