



PERSONALIZED SAFETY PLAN

Step 1. Safety during violence

I can use the following options:

- a. If I decide to leave, I will _____.
- b. I can keep a bag ready and put it _____ so I can leave quickly.
- c. I can tell _____ about the violence and have them call the police when violence erupts.
- d. I can teach my children to use the telephone to call the police and the fire department.
- e. I will use this code word _____ for my children, friends, or family to call for help.
- f. If I have to leave my home, I will go _____.
- g. I can teach these strategies to my children.
- h. When an argument starts, I will move to a safer room such as _____.
- i. I will use common sense and gut feeling. I will protect myself and my children until we are out of danger.

Step 2. Safety when getting ready to leave

I can use the following strategies:

- a. I will leave money and an extra set of keys with _____.
- b. I will keep important documents with _____.
- c. I will open a savings account by this date _____ to increase my independence.
- d. Other things I can do to increase my independence are:
_____.
- e. The shelter's crisis line number is 944-6900.
- f. I will keep change for phone calls with me at all times. I know that if I use a telephone calling card, the following month the telephone bill will tell the abuser who I called after I left. I will keep this information confidential by using a friend's telephone card, calling card, or using change.
- g. I will check with _____ and _____ to know who will let me stay with them or who will lend me money.
- h. I can leave extra clothes with _____.
- i. I will review my safety plan every _____ (time frame) in order to plan the safest route. I will review the plan with _____ (a friend, counselor).
- j. I will rehearse the escape plan and practice it with my children.

Step 3. Safety at Home

I can use the following safety methods:

- a. I can change the locks on my doors and windows as soon as possible.
- b. I can replace wooden doors with steel doors.
- c. I can install security systems – ie. additional locks, window bars, poles to wedge against doors, etc.
- d. I can purchase rope ladders to be used for escape routes from the second floor.
- e. I can install smoke detectors and buy fire extinguishers for each floor of my home.
- f. I can install an outside lighting system that lights up when someone approaches my home.
- g. I will teach my children how to use the phone to make collect calls to me and to _____ if my partner tried to take them.
- h. I will tell the people who care for my children that my partner no longer lives with me and that they should call the police if he is near my residence.

Step 4. Emotional Health

I can do the following:

- a. If I feel depressed and ready to return to a potentially violent situation/partner, I can

- b. When I have to talk to my partner in person or on the phone, I can

_____.

- c. I will use “I can...” statements and I will be assertive with people.
- d. I can tell myself “_____” when I feel people are trying to control or abuse me.
- e. I can call the following people and/or places for support:

- f. Things I can do to make me feel stronger are:

