YOUR PERSONALIZED SAFETY PLAN

SUGGESTIONS FOR INCREASING SAFETY IN THE RELATIONSHIP:

• I will have important phone numbers available to my children and myself.

• I can tell ________________ and ______________ about the violence and ask them to call the police if they hear suspicious noises coming from my home.

• If I leave my home, I can go (list four places): ______________, ________________, ________________, or ________________.

• I can leave extra money, car keys, clothes, and copies of documents with ________________.

• To ensure safety and independence, I can: keep change for phone calls with me at all times; open my own savings account; rehearse my escape route with a support person; and review my safety plan on ________________ (date).

SUGGESTIONS FOR INCREASING SAFETY WHEN THE RELATIONSHIP IS OVER:

• I can change the locks and install steel/metal doors, a security system, smoke detectors, and an outside lighting system.

• I will inform ________________ and ________________ that my partner no longer lives with me and ask them to call the police if he/she is observed near my home or my children.

• I will tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are ________________, ________________, and ________________.

• I can tell ________________ at work about my situation and ask ________________ to screen my calls.

• I can avoid stores, banks, and ________________ that I used when living with my battering partner.
• I can obtain a protective order from ______________________. I can keep it on or near me at all times as well as leave a copy with _________________.

• If I feel down and ready to return to a potentially abusive situation, I can call ________________ for support or attend workshops and support groups to gain support and strengthen my relationships with other people.

• If I have animals I can leave them with ____________ or ______________.

IMPORTANT PHONE NUMBERS

Police: 911
Hotline: 866-933-HOPE (4673)
________________________________________
________________________________________
________________________________________
________________________________________