

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)
