

Safety Plan

Do *not* take this home unless it is safe to do so.

Step 1: Safety during a violent incident

1. If I have/decide to leave my home, I will go to _____.
2. I can tell _____ (neighbors) about the violence and request they call the police if they hear suspicious noises coming from my house.
3. I can teach my children how to use the telephone to contact the police.
4. I will use _____ as my code word so someone can call for help.
5. I can keep my purse/car keys ready at _____ (place), in order to leave quickly.
6. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

Step 2: Safety when preparing to leave

1. I will keep copies of important documents, keys, clothes and money at _____.
2. I will open a savings account by _____ (date) to increase my independence.
3. I will check with _____ to see who would be able to let me stay with them or lend me some money.
4. If I plan to leave, I won't tell my abuser in advance face-to-face, but I will leave a note or call from a safe place.
5. Other things I can do to increase my independence include:
 - I can keep a cell phone or change for my phone calls with me at all times.
 - I understand that if I use my telephone credit card or cell phone, the telephone bill will show my partner the numbers I have called.

Step 3: Safety in my own residence

1. I can change the locks on my doors and windows as soon as possible.
2. I can replace wooden doors with steel/metal doors.
3. I can install additional locks, bars, poles to wedge against doors, and electronic systems.
4. I can install motion sensor lights outside.
5. I will teach my children how to make a collect call to _____ if my partner takes them.
6. I will tell people who take care of my children that my partner is not permitted to pick up my children.
7. I can inform _____ (neighbor) that my partner no longer resides with me and they should call the police if he is observed near my residence.

Step 4: Safety with a protection order

1. Always carry a certified copy with me and keep a photocopy.
2. I will give my protection order to police departments in the community where I work and live.
3. I can get my protection order to specify and describe all guns my partner may own and authorize a search for removal of non-permitted weapons.