

# 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 a choice about how to respond to him/her and how to best get myself and my children to safety.

## SAFETY DURING A VIOLENT INCIDENT

Victims cannot always avoid violent incidents. In order to increase safety, they may use a variety of strategies.

Use some or all of the following strategies:

- If I decide to leave, I will \_\_\_\_\_. (Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)
- I can keep my purse/bag and car keys ready and put them (place) \_\_\_\_\_ in order to leave quickly.
- I can tell \_\_\_\_\_ about the violence and request they call the police if they hear suspicious noises coming from my house.
- I can also tell \_\_\_\_\_ about the violence and request they call the police if they hear suspicious noises coming from my house.
- I can teach my children how to use the telephone to contact the police and fire department.
- I will use \_\_\_\_\_ as my code word with my children or my friends so they can call for help.
- If I have to leave my home, I will go \_\_\_\_\_. (Decide this even if you don't think there will be a next time.)
- If I cannot go to the location above, then I can go to \_\_\_\_\_ or \_\_\_\_\_.
- I can also teach some of these strategies to some/all of my children.
- When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as \_\_\_\_\_. (Try to avoid arguments in the bathroom, garage, and kitchens, near weapons or in rooms without access to an outside door.)
- 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.

## SAFETY WHEN PREPARING TO LEAVE

Victims frequently leave the residence they share with the abusive partner. Leaving must be done with a careful plan in order to increase safety. Abusers often strike back when they believe that a victim is leaving a relationship.

Use some or all of the following safety strategies:

- I will leave money and an extra set of keys with \_\_\_\_\_ so I can leave quickly.
- I will keep copies of important documents or keys at \_\_\_\_\_.
- I will open a savings account by \_\_\_\_\_, to increase my independence.
- Other things I can do to increase my independence include: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- The domestic violence program's hotline number is \_\_\_\_\_. I can seek shelter by calling this hotline.
- I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month the telephone bill will tell my abuser those numbers that I called after I left. To keep my telephone communications confidential, I must either use coins or I might get a friend to permit me to use their telephone credit card for a limited time when I first leave.
- I will check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money.
- I can leave extra clothes with \_\_\_\_\_.
- I will sit down and review my safety plan every \_\_\_\_\_ in order to plan the safe way to leave the residence. \_\_\_\_\_ (Domestic advocate or friend) has agreed to help me review the plan.

## SAFETY IN MY OWN RESIDENCE

There are many things that a victim can do to increase his or her safety in his or her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

Measures I can use include:

- I can change the locks on my doors and windows as soon as possible.
- I can replace wooden doors with steel/metal doors.
- I can install security systems including additional locks, window bars, poles to wedge against doors, electronic system, etc.

- I can purchase rope ladders to be used for escape from second floor windows.
- I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.
- I can install an outside lighting system that lights up when a person is coming close to my house.
- I will teach my children how to use the telephone to make a collect call to me and to \_\_\_\_\_ (friend/minister/other) in the event that my partner takes the children.
- I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:

\_\_\_\_\_ (School)

\_\_\_\_\_ (Day Care Staff)

\_\_\_\_\_ (Babysitter)

\_\_\_\_\_ (Sunday School Teachers)

\_\_\_\_\_ (Teachers)

\_\_\_\_\_ (Others)

- I can inform \_\_\_\_\_ (neighbor), \_\_\_\_\_ (pastor), and \_\_\_\_\_ (friend) that my partner no longer resides with me and they should call the police if he/she is observed near my residence.

### SAFETY WITH A PROTECTION ORDER

Many abusers obey Protection Orders, but one can never be sure which violent partner(s) will obey and which will violate Protection Orders. I recognize that I may need to call the police and the courts to enforce my Protection Order.

The following are some steps I can take to help the enforcement of my Protection Order:

- I will keep my Protection Order \_\_\_\_\_ (location). (Always keep it on or near your person. If you change purses the Order is the first thing that should go in.)
- I will give my Protection Order to police departments in the community where I work, in those communities where I usually visit family or friends, and in the community where I live.
- There is a state registry of Protection Orders that all police departments can call to confirm a Protection Order. I can check to make sure that my Order is in the registry by calling my local law enforcement agency.
- I can call the local domestic violence program if I have some problem with my Protection Order.

- I will inform my employer, my minister, my closest friend and \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_ that I have a Protection Order in effect.
- If my partner destroys my Protection Order, I can call the police and report a violation, contact my attorney, call my advocate and/or advise the court of the violation.
- If the police do not help, I can contact my advocate or attorney and will file a complaint with the chief of the police department.

**SAFETY ON THE JOB AND IN PUBLIC**

Each victim must decide if and when s/he will tell others that his or her partner has battered him or her and that s/he may be at continued risk. Friends, family, and co-workers can help to protect him or her. Each victim should consider carefully which people to invite to help secure his or her safety.

I can do one or all of the following:

- I can inform my boss, the security supervisor, and \_\_\_\_\_  
\_\_\_\_\_ at work of my situation.
- I can ask \_\_\_\_\_ to help screen my telephone calls at work.
- When leaving work, I can \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- When driving home, if problems occur, I can \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- If I use public transit, I can \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I can use different grocery stores and shopping malls to conduct my business and shop at hours that are different than those when residing with my abuser.

I can use a different bank and take care of my banking at hours different from those I used when residing with my abuser.

I can also \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**SAFETY AND DRUG OR ALCOHOL USE**

Most people in this culture use alcohol. They may use mood-altering drugs. Much of this use is legal and some is not. The legal outcomes of using illegal drugs can be very difficult on a victim, may hurt his or her relationship with her children and put her at a disadvantage in further legal actions with his or her abuser. Therefore, victims should carefully consider the social cost of the use of illegal drugs. But beyond this, the use of any alcohol or other drugs can inhibit a victim's awareness and ability to act quickly to protect his or herself from his or her abuser. Further more, the use of alcohol or other drugs by the abuser may give him/her an excuse to use violence. Therefore, in the context of drug and alcohol use, a victim needs to make specific safety plans.

- If drug or alcohol use has occurred in my relationship with the battering partner, I can enhance my safety by some or all of the following: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
- If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.
- I can also \_\_\_\_\_  
\_\_\_\_\_.
- If my partner is using, I can \_\_\_\_\_  
\_\_\_\_\_.
- I might also \_\_\_\_\_  
\_\_\_\_\_.
- To safeguard my children, I might \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_.

## SAFETY AND MY EMOTIONAL HEALTH

The experience of being battered and verbally degraded by abusers is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard, emotional times, I can do some of the following:

- If I feel down and ready to return to a potentially abusive situation, I can \_\_\_\_  
\_\_\_\_\_.

- When I have to communicate with my partner in person or by telephone, I can \_\_\_\_\_.
- I can try to use “I can...” statements with myself and to be assertive with other people.
- I can tell myself- “ \_\_\_\_\_  
\_\_\_\_\_”- whenever I feel others are trying to control or abuse me.
- I can read \_\_\_\_\_ to help me feel stronger.
- I can call \_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_ as other resources to be of support to me.
- Other things I can do to help me feel stronger are \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_.
- I can attend workshops and support groups at the domestic violence program or \_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_ to gain support and strengthen by relationships with other people.

#### ITEMS TO TAKE WHEN LEAVING

When victims leave partners, it is important to take certain items with them. Beyond this, victims sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Items with asterisks on the following list are the most important to take. If there is time, the other items might be taken or stored outside the home.

These items might best be placed in one location, so that if I have to leave in a hurry, I can gather them quickly.

When I leave, I should take:

- \*Identification for myself
- \*Children’s birth certificates
- \*My birth certificate
- \*Social Security cards
- \*School and vaccination records
- \*Money
- \*Checkbook, ATM (Automatic TellerMachine) card
- \*Credit cards
- \*Keys- house/car/office
- \*Driver’s license and registration
- \*Medications

- Welfare Identification
- Work permits
- Green card
- Passport(s)
- Divorce papers
- Medical records for all family members
- Lease/rental agreement, house deed, mortgage payment book
- Bank books
- Insurance papers
- Small saleable objects
- Address book
- Pictures
- Jewelry
- Children's favorite toys and/or blankets
- Items of special sentimental value

PHONE NUMBERS I NEED TO KNOW

Police Department- Home: \_\_\_\_\_

Police Department- School: \_\_\_\_\_

Police Department- Work: \_\_\_\_\_

Battered Women's program: \_\_\_\_\_

Work number: \_\_\_\_\_

Supervisor's number: \_\_\_\_\_

Minister: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Review dates \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

