

Personalized Safety Plan

Suggestions for increasing safety in the relationships

- I will have important phone numbers available to my children and myself (See Important Phone Numbers).
- 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 4 places):

- I can leave extra money, car keys, clothes, copies of documents with:

- If I leave, I will take:

 (See Check List)
- 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 safety plan on _____ (date).
- I will teach my children how and when to call 911 and the fire dept.
- I will use my judgment and intuition. If the situation is very serious, I will give my partner what he needs to calm down. I will protect my children and myself until we are out of danger.

Suggestions for increasing safety when the relationship is over

- I can change the locks; install steel/metal doors, and an outside lighting system.
 - I will consider carefully which people I invite to help me secure my safety.
 - I will inform _____ and _____ that my partner no longer lives with me and ask them to call the police if my partner 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:

 - 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 support groups to gain

- support and strengthen my relationship with other people.
This safety plan is intended for both teens and adults in abusive relationships.
Not all steps noted in the safety plan may apply in your situation.

Important Phone Numbers

- Police _____
- Hotline _____
- Shelter _____
- Doctor _____
- Hospital _____
- Friends _____
- _____
- _____

Check List of Items to Take or Store safely

- Identification
- Birth certificates for me and my children
- Social Security cards
- Passport(s), Green card(s), work permit, etc.
- School and medical records
- Money, bankbooks, credit cards
- Keys-house/car/office
- Driver's license and registration
- Medications
- Change of clothes
- Welfare/Food stamps/WIC identification
- Divorce papers
- Lease/rental agreement, house deed
- Mortgage payment book, current unpaid bills
- Insurance papers
- Address book
- Pictures, jewelry, items of sentimental value
- Children's favorite toys and/or blanket