

# The Personal Safety Plan

## **In case you have to flee, have the following available:**

- Important papers such as birth certificates, social security cards, insurance information, school and health records, welfare and immigration documents and divorce or other court documents
- Credit cards, bank account number, and ATM cards
- Some cash or money in bill form
- An extra set of keys
- Medications and prescriptions
- Phone numbers and addresses for family, friends, doctors, lawyers, and community agencies
- Clothing and comfort items for you and the children

## **If you had your abuser evicted or are living alone, you may want to:**

- Change locks on doors and windows
- Install a better security system — window bars, locks, better lighting, smoke detectors and fire extinguishers
- Teach the children to call the police or family and friends if they are taken
- Talk to schools and childcare providers about who has permission to pick up the children
- Find a lawyer knowledgeable about family violence to explore custody, visitation and divorce provisions that protect you and your children
- Obtain a protective order

## **If you are leaving your abuser, ask yourself the following questions:**

- How and when can you most safely leave?
- Where will you go?
- Are you comfortable calling the police if you need them?
- Who can you trust to tell that you are leaving?
- How will you travel safely to and from work, school or to pick up children?
- What community and legal resources will help you feel safer?
- Do you know the number of the local shelter?
- What custody and visitation provisions will keep you and your children safe?
- Is a protective order a viable option?

## **If you are staying with your abuser, think about:**

- What works best to keep you safe in an emergency
- Who you can call in a crisis
- Would you call the police if the violence starts again? Can you work out a signal with the children or the neighbors to call the police when you need help?
- If you need to flee temporarily, where would you go? Think through several places where you can go in a crisis. Write down the addresses and phone numbers, and keep them with you.
- If you need to flee your home, know the escape routes in advance.

# My Safety Plan

If you are in an abusive situation and are not able or ready to leave, it's important to think about how to keep yourself safe. If you want to leave, you must plan your escape well. Filling out this safety plan can help you feel safe whether you are staying in your current situation or getting ready to leave. Be sure to review your safety plan frequently with someone you trust.

I will tell \_\_\_\_\_ (name) and \_\_\_\_\_ (name) about the abuse and ask them to help me if I use the code word or phrase: \_\_\_\_\_  
\_\_\_\_\_ (code word or phrase)

I will buy a small address book and carry it with me at all times. I will list the following people, agencies, hotlines, or other services:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I will use this excuse when I'm able or ready to leave the situation:

\_\_\_\_\_  
\_\_\_\_\_

I will leave before I think a situation will get violent. I usually know things are getting violent when:

\_\_\_\_\_  
\_\_\_\_\_

My abuser may try to persuade me not to leave by:

\_\_\_\_\_  
\_\_\_\_\_

I can try to get around this by:

\_\_\_\_\_  
\_\_\_\_\_

If I decide to leave, I will go to either of the following places that are unknown to my abuser:

1. \_\_\_\_\_
2. \_\_\_\_\_

I will keep the following items in a bag that is ready to go:

Keys	Checkbook / Cash
Address Book	School Records
Spare clothes for myself and the kids	Social Security Card
Driver's License or ID	Rent Papers
Protective Orders	Bill
Insurance papers and cards	Medicines
Phone card	Birth Certificates
Personal Items	Custody Orders
Comfort Items for myself and kids	Baby food or formula
Other items: _____	

If I leave, I will bring this bag as well as:

\_\_\_\_\_  
\_\_\_\_\_

I will leave spare items, supplies, copies of important papers with \_\_\_\_\_ (name) in case I am unable to get my bag.