 Personalized Safety Plan

We have complied this personalized safety plan for your use. This safety plan was created using various sources. Please go through your plan and update when needed. You and your family deserve to be safe and we hope this tool will help you plan a safety plan that works for you and your family.

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 them and how to best get myself, children and pets to safety. This safety plan is designed for:

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

Who helped me fill out my safety plan?

Name/Title:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Who to call:**

You may be able to call on friends and/or family; make sure these contacts are safe, and will not pass on information about your plan and/or whereabouts. Sometimes the safest people may be those who do not know you or your abuser.

Counselor/support group contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Advocate:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Shelter/crisis support:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Doctor/health care provider:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Where to go to be safe:**

Practice how to get out safely. What doors, windows, elevators, stairwells, or what fire escapes would you use? Practice how you are going to get to the safe places that are listed below.

Safe place #1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Safe place #2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Safe place #3:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I can use some or all of the following safety strategies:**

A. I will leave money and an extra set of keys with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so that I can leave quickly.

B. I will keep copies of important documents or an extra set of keys at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

C. I can leave extra clothes with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

D. I will open a savings account by\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, to increase my independence.

E. I can tell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about the violence and request that they call the police if they hear suspicious noises coming from my home.

F. I can keep change for phone calls on me at all times. I understand that if I use my telephone/cell phone, the following month the telephone bill will let my batterer know which calls I have made. To keep my telephone communications confidential, I must either use coins to use a public telephone, or I can get a friend to let me use their telephone, or I can get a friend to let me use their telephone/cell phone for a limited time when I first leave.

G. I will check with\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to see who would be able to let me stay with them or lend me some money in case of an emergency.

H. I will sit down and review my safety plan every \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in order to plan the safest way to leave the residence.

I. I will rehearse my escape plan and, as appropriate, practice this with my children.

J. I will use\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as my code with my children or my friends so they can call for help.

K. I can also teach some of these strategies to some or all of my children.

L. If I decide to leave, I will:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door).

M. I will use my judgment and intuition. I have to protect myself until I/we are out of danger.

NOTE: IF YOU NEED HELP FILLING OUT THIS PLAN YOU MAY ASK COUNSELORS, DETECTIVES, SHELTER WORKERS, OR ANYONE CLOSE TO YOU THAT YOU TRUST.

Safety at home Develop a safety plan and discuss it with your children. Review the plan as often as possible. Change the locks and install devices to secure your windows. Make sure your children’s school, day-care center, after-school program(s) or camp know who is authorized to pick up your children.

Tell your neighbors and landlord that your abuser no longer lives there and ask them to call the police if they see him/her/they near your home. Before you resume a potentially abusive relationship, discuss alternatives with someone you trust.

**You can always call us on our hotline at A Way Out hotline is: (toll free (877) 334-3136). Please be assured that we are here to assist you. We are here to help ensure your safety. We are not here to judge your decisions.**

**Safety in public or at work:**

 If you have an order of protection, keep it with you at **ALL TIMES**. Make copies of your order and place one in your purse/bag, in your car or anywhere you may stay. Inform building security and coworkers you trust of your situation. If possible, provide a photograph of your abuser to building security. Vary your routes to and from work and arrange for someone to escort you to your car, bus, or train. Plan what to do in various situations if your abuser confronts you. Change store locations you frequently shop at (instead of going to the food store you usually go to, go to another).

**Safety during volatile domestic violence incidents:**

If an argument seems unavoidable, move to a room or area with easy access to an exit, NOT a bathroom, kitchen, or anywhere near weapons. Identify which door, window, stairwell or elevator offers the quickest way out of the home and practice your route. Have a bag packed and ready. Keep it in an undisclosed but accessible place where you can retrieve it quickly. Find neighbors you can tell about the violence and ask that they call the police if they hear a disturbance. Devise a code word to use with your children, family, and friends when you need the police. Decide where you will go if you have to leave, even if you do not think it will come to that. Use your instincts and judgment. Consider giving the abuser what they want to defuse a dangerous situation. You have a right to protect yourself when you are in danger.

You do not deserve to be battered or threatened. (Courtesy of Clackamas Women’s Services DV packet for survivors:)

• Avoid rooms without an easy escape.

• Avoid areas where weapons are easily accessible. (Kitchens are dangerous because of access to knives and bathrooms are dangerous because of the risk of having your head hit against the tub or sink).

• Mentally plan how you might escape from each room in advance.

 • Consider safe places you might go after escaping.

• Choose a code word or signal that would let your children or neighbors know they should call 911.

• Hide spare keys and money in a safe place or ask a safe person to hold onto them for you in case you need to flee unexpectedly. Technology and Safety: (Courtesy of pwcl.org)

• Abusers often use technology to keep track of and control survivors. Use this information to create a plan around technology usage.

• Computers can store a lot of private information about websites, emails, instant messages, calls you make, etc… Be very cautious about your computer usage and use a computer your abuser does not have access to when searching or reaching out for assistance, such as the public library, if possible. It is impossible to completely clear all of the sites you have visited.

• Be cautious on what you use a computer for. Computer monitoring software can easily be placed on a computer, allowing the abuser to view all of your computer activity. Be cautions of accessing bank and email accounts on any computer that you fear may be monitored.

• Text messages and cell phone calls may be logged into your cell phone bill. Avoid using personal phones for safety planning, if possible.

• GPS, a location tracking device, is now installed in many cell phones and in cars. Contact your cell phone carrier to see if the GPS in your phone has been activated and can be located.

• If you think your activities are being monitored or you are being followed, you probably are. Trust your instincts and talk to the Crisis Line to create a plan Safety Plan with Your Children: 24 HOUR HOTLINE CALL (877) 334-3136.

Being in an abusive situation can feel incredibly scary and isolating, and if children are involved – even indirectly witnessing the abusive – it can become a lot more complicated and dangerous. A parent’s instinct is to make sure their child is safe – but how can you do this best if your abusive partner is unpredictable, or manipulative?

All of our advocates at The Hotline are equipped to help you safety plan for you and your children during any stage in your relationship. Based on what you’re going through, we can help assess the best plans of action and brainstorm different options with you – even when you’re feeling out of options.

**Planning for Violence in the Home:**

If you are in an abusive relationship, a safety plan should include ways that your children can stay safe when violence is happening in your home. It’s key to remember that if the violence is escalating, you should avoid running to the children because your partner may hurt them as well.

 • Teach your children when and how to call 911.

• Instruct them to leave the home if possible when things begin to escalate, and where they can go.

• Come up with a code word that you can say when they need to leave the home in case of an emergency — make sure that they know not to tell others what the secret word means.

• In the house: Identify a room they can go to when they’re afraid and something they can think about when they’re scared.

• Instruct them to stay out of the kitchen, bathroom and other areas where there are items that could be used as weapons.

• Teach them that although they want to protect their parent that they should never intervene.

• Help them to make a list of people that they are comfortable talking and expressing themselves to.

• Enroll them in a counseling program (A Way Out has a children/teen counseling program for more information you can call (814) 274-0368.

**Planning for Unsupervised Visits:**

If you have separated from an abusive partner and are concerned for your children’s safety when they visit your ex, developing a safety plan for while they are at their home can be beneficial.

• Brainstorm with your children (if they are old enough) to come up with ways that they can stay safe using the same model as you would for your own home. Have them identify where they can get to a phone, how they can leave the house, and who they can go to.

• If it’s safe to do, send a cell phone with the children to be used in emergency situations — this can be used to call 911, a neighbor or you if they need aid.

**Planning for Safe Custody Exchanges**:

• Avoid exchanging custody at your home or your partner’s home.

• Meet in a safe, public place such as a restaurant, a bank/other area with lots of cameras, or even near a police station.

• Bring a friend or relative with you to the exchanges, or have them make the exchange.

• Perhaps plan to have your partner pick the children up from school at the end of the day after you drop them off in the morning – this eliminates the chances of seeing each other.

• Emotional safety plan as well – figure out something to do before the exchange to calm any nerves you’re feelings, and something after to focus on yourself or the kids, such as going to a park or doing a fun activity.

**Planning for After You Leave:**

• Alert anyone you can about the situation: school authorities like the counselor, receptionist, teachers and principal, sports instructors, and other caretakers

• Talk to these people about what’s going on, EX. If you have a protective order or restraining order, who is allowed to pick them up, etc.

**How to Have These Conversations:**

Let your child know that what’s happening is not their fault and that they didn’t cause it. Let them know how much you love them and that you support them no matter what. Tell them that you want to protect them and that you want everyone to be safe, so you have come up with a plan to use in case of emergencies. It’s important to remember that when you’re safety planning with a child, they might tell this information to the abusive partner, which could make the situation more dangerous (ex. “Mom said to do this if you get angry.”) When talking about these plans with your child, use phrases such as “We’re practicing what to do in an emergency,” instead of “We’re planning what you can do when dad/mom becomes violent.”

If you have any questions about safety planning or want an advocate’s help in developing a personalized safety plan for your child, give us a call at (877) 334-3136.

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Safety Plan Check List:

Items to take when leaving. When people leave their abusers, it is important to take certain items. Beyond this, they may leave extra copies of important papers and extra clothing/personal items with another person in case they must leave quickly. Items with an asterisk on the following list are those you have identified as the most important to take. If there is time, they can be assembled before you leave.

**When I leave, I should take:**

* ID for myself (License, SS card, birth cert.)
* School and vaccination records
* Keys: house, car, office, storage, …
* Medication
* Public Assistance ID
* Divorce papers
* Insurance papers
* Address books
* Notebook and pens
* Jewelry
* Identification for children (SS card, birth certificates)
* Children’s favorite toys/ blankets
* Cash
* Checkbook
* Credit cards
* Car registration and insurance
* Passports &amp; Green Card
* Photographs
* Sentimental items

Notes:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_