

You have the right to be safe! No one deserves to be hit or threatened.

Although you do not have control over the person's violent behaviors, you do have a choice about how to respond to him or her and how to get you and your children to safety. The following Personal Safety Plan will help you prepare when you are in an unsafe situation, which hopefully will never happen again.

Personal Safety Plan

Safety during an abusive incident: You cannot always avoid violence. Check what you can do to increase your safety.

- Try not to be in a room without an exit door.
- Have a plan of where I will go when I leave.
- Practice an escape plan with my children.
- Have important items packed and keep the bag at _____, _____, _____ or _____.
- Always keep my purse and car keys in _____ or with a friend, family member, or neighbor.
- Ask neighbors to call the police when they hear a disturbance.
- Tell my children and neighbors a code word to inform them when I need the police called.
- Code Word: _____
- Other: _____

Safety when preparing to leave: Leaving your abuser is the most dangerous time because the abuser does not want you to leave. Careful plans may help increase safety. Check what you can do to try to increase your safety. (See checklist of items to take when you leave on the next page.)

- Leave money, an extra set of keys, copies of important documents, extra medications, and clothing in a safe place or with _____ or _____.
- Open a checking/savings account in my name.
- Get my own post office box.
- Know of a place to stay. Make arrangements with _____, _____, _____ or _____.
- Always keep the shelter phone number with me. Know that I can call the shelter collect if needed.
- Other: _____

Safety with a personal protective order (PPO): Some abusers obey Personal Protective Orders (PPO) and some don't. Check what you can do to increase your safety.

- Keep a copy of my PPO with me at ALL times.
- Inform my neighbors I have a PPO.
- Give a copy of my PPO to the shelter, my employer, my children's school, my landlord, my church, my family and friends, and anywhere else I visit often.
- Call the police immediately if my abuser violates the PPO.
- Know how long my PPO lasts (when it expires).
- Call the shelter if the police do not help.
- Other: _____

Safety for work: It is up to you to decide if you tell your employer about your situation. Co-Workers assist you with safety. Check what you can do to try to increase your safety.

- Inform _____ at my work of my situation.
- Ask my boss to change my work hours.
- Ask _____ to screen my phone calls.
- Use a variety of routes to come and go.
- Ask _____ to escort me to my car or the bus stop.
- Provide a picture of my abuser to security officers or front desk staff.
- Other: _____

Safety at home: If you have moved, never assume your abuser will not find you in your new home. Check what you can do to try and increase your safety.

- Change the locks on the doors of the home we used to share.
- Check to make sure all doors and windows are locked at all times, whether I am at home or not.
- Tell neighbors and the landlord that my abuser does not live with me and they should call the police if they see him or her nearby.
- Tell my children's school and daycare who does and does not have permission to pick them up.
- Develop a safety plan with my children for times when I am not at home with them.
- Request an unlisted/unpublished phone number from the telephone company.
- If I move, NEVER tell my abuser my new address. Make sure my children understand this as well.
- If I move, NEVER call my abuser from my home because he or she could find out where I live.
- Other: _____

Safety in public: It is your choice to notify someone in the community about your situation. Other people can assist you with safety. Check what you can do to try to increase your safety.

- Inform someone at my church about my situation. --Change what service I attend.
- Change the grocery store I shop at.
- Use a different bank.
- Ask _____ at my children's school of day care to inform me if they see my abuser.
- Always be aware of my surroundings. If I feel I'm being followed, go to the nearest police station.
- Other: _____

Safety and my emotional health: The process of beginning a new life takes a lot of courage, determination, and energy. Check what you can do to increase your safety.

- Call _____ as a support person or the hotline when I feel down or want to go back to my abuser.
- Use "I can" statements with myself to boost my confidence.
- Continue to see a counselor for emotional encouragement and support.
- Attend a regular support group for survivors of domestic violence.
- Remind myself every day that I DO NOT deserve to be abused.
- Other: _____

Items to take when you leave: These items are very important to have for starting your life over free from abuse. Check what items you have with you and circle the items you need to get.

- | | |
|---|--|
| --Drivers license or ID | -- School & vaccination records |
| --Birth certificates: Mine & children's | --Social Security cards: Mine & children's |
| --Personal Protective Order | --Car registration & Insurance |
| --Medical records: Mine&Children's papers | --Marriage license, divorce and custody |
| --Work permits/green card/VISA | --Money/checkbook/credit cards |
| --Medications: Mine & children's | --Apartment lease/ mortgage papers |
| --Keys: House/apartment, car, work | --Address book |

Phone numbers to know: It's important to always have these phone #'s with you. Fill in all the numbers you can.

Police Emergency: 9-1-1	Police Department: _____	Shelter: 734-242-7233
My Work: _____	Attorney: _____	Doctor: _____
Family: _____	Friend: _____	Hospital: _____
School: _____	Daycare: _____	Minister: _____