

Personalized Safety Plan

Although I do not have control over what my partner does, and cannot always expect to predict a violent incident, I do have choices about how to respond, and I can take steps I've checked off and do the things I've listed, to get my children and myself to safety.

1. In a crisis, I can do some or all of the following things:

~ LEAVE

If I decide to do this, I will have prepared by practicing getting my children and myself out safely. I will identify a number of "ways out," for example: doors, windows, elevators, stairwells, and fire escapes.

I can keep some money and a spare set of car keys in _____, so I can get to them quickly in an emergency.

I can leave spare keys, copies of important papers, clothes and things for my children with _____ or _____, who will keep them for me or bring them to me if I need them.

If I decide to leave, I already know I can go to _____, because I have already talked this over with them.

If for some reason I cannot get to the places I have named, I can go to _____.

If it is not safe to talk openly, I will use _____, as the code word/signal to my children that we are going to go, or to my family/friends so they will understand that I am coming.

~ GET HELP

I can use _____, as the code word/signal to my children and/or friends and family, to let them know I want someone to call the police.

I can tell _____, about the violence, and ask them to call the police if they hear trouble or see anything suspicious.

If I have a programmable telephone, I can program emergency numbers into my telephone, and teach my children how to use the "auto dial."

I can teach my children how to contact the police and fire department. I will make sure they can give their address.

~ TRUST MY INSTINCTS AND USE GOOD JUDGMENT

If you feel that a situation may be escalating to the point of abuse/violence:

1. Stay calm
2. Try to get to a phone
3. Try to move to a room with two exits
4. Always keep your safety and well-being in mind

2. If I am thinking about leaving or planning to leave I can:

TALK TO A DOMESTIC VIOLENCE PROGRAM AND GET HELP MAKING MY PLANS:

The hotline number for the nearest program is _____.

I can keep change for phone calls and important numbers with me at all times.

I will remember that my partner could learn whom I have been talking to by looking at phone bills. I can see if friends will let me use their phones and/or their phone credit cards, so that I can keep my communications confidential.

I can sit down and review my plan with _____, or _____, every _____.

Without adding to their fears, and helping them to feel more in control, I will share parts of the plan with my children and practice parts of it with them. I can do this as "fire drills" and "emergency" plans.

I can build my independence by: opening a bank account in my own name; getting credit cards in my own name; taking classes or getting job skills, getting copies of all the important papers and documents I might need, and keeping them with _____.

Other things I can do to become more independent are: _____

3. Safety at home and at work

I can change the locks on doors and windows. As I find the resources, I can also: install a security system, motion sensitive lights, smoke detectors, install window guards, and steel/metal doors.

I can change my patterns: avoid stores, banks, doctor's appointments, laundromats and _____, places where my partner might expect to find me.

I can tell the people who take care of my children the names of people who have my permission to pick them up, and make sure they recognize those people. I can give the people who take care of my children copies of custody and protective orders, and emergency numbers.

I can tell _____, and _____, and _____, and _____, that I am no longer living with my partner, and ask them to call the police if they believe my children or I am in any danger.

I can ask _____, to help screen my calls at work.

I can tell my supervisor; the Employee Assistance Program, and _____, about my situation.

On public transportation, I can be ready to _____

4. Getting a protective order

I can request an order of protection, from the Family Court or the local Criminal Court. I can get help from the local Domestic Violence program in making the decision; I can go to _____, for legal assistance.

I will keep a copy of my order with me at all times.

I can give a copy to _____, and _____, and will make sure the local police department has a copy.

If I decide I need changes in my protective order (say, I feel safe enough to try letting my partner into the home for visitations, but the order is a "stay away" order"; or, things are worse, and I now want a "stay away" provision), I will go to the court and ask for a modification.

5. Taking care of myself

I will take a look at how and when I drink or use drugs. If I am going to drink or use drugs, I will do it in a place where people are committed to my safety.

I will make a plan to get gynecological checkups and regular screening for breast cancer.

I will take better care of myself by _____, and _____, and _____, and _____.

If I am feeling down, and considering returning to a situation that might still be dangerous, I can _____ or talk to _____, or _____, or spend time with _____.

When I am feeling down about myself, I can remember three things that are really quite fine about me. They are:

1. _____
2. _____
3. _____

I can attend support groups, workshops or classes at _____, or _____, or _____, to help me gain confidence and build stronger ties to people.

6. Things to take

- | | | |
|--|---------------------------------|-----------------------------|
| - Identification | - Birth Certificates | - Vaccination Records |
| - Passports, Green Cards | - Work Permits | - Medical Records |
| - Keys (Car/House/Work) | - Insurance Papers | - Lease or House Deed |
| - Address Book | - Social Security Cards | - School Records |
| - Welfare ID/Medicaid Cards | - Driver's License | - Car Registration |
| - Prescriptions | - Bank Books, Credit Cards | - Divorce/Separation Papers |
| - Car/Mortgage Payment Books | - Pictures, "Sentimental" Items | - Clothing |
| - Children's Toys and/or "Security" Blankets | | |