

SAFETY PLAN

Step 1: Safety during a violent incident. I can use some or all of the following strategies:

- A. If I have/decide to leave my home, I will go _____.
- B. I can tell _____ (neighbors) about the violence and request they call the police if they hear suspicious noises coming from my house.
- C. I can teach my children how to use the telephone to contact the police.
- D. I will use _____ as my code word so someone can call for help.
- E. I can keep my purse/car keys ready at (place) _____, in order to leave quickly.
- F. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

Safety when preparing to leave. I can use some or all of the following safety strategies:

Step 2:

- A. I will keep copies important documents, keys, clothes and money at _____.
- B. I will open a savings account by _____, to increase my independence.
- C. Other things I can do to increase my independence include: _____.
- D. I can keep change for my phone calls on me at all times. I understand that if I use my telephone credit card, the telephone bill will show my partner those numbers that I called after I left.
- E. I will check with _____ and my advocate to see who would be able to let me stay with them or lend me some money.
- F. If I plan to leave, I won't tell my abuser in advance face-to-face, but I will call or leave a note from a safe place.

Step 3: Safety in my own residence. Safety measures I can use include:

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steel/metal doors.
- C. I can install additional locks, window bars, poles to wedge against doors, and electronic systems etc.
- D. I can install motion lights outside.
- E. I will teach my children how to make a collect call to _____ if my partner takes the children.
- F. I will tell people who take care of my children that my partner is not permitted to pick up my children.
- G. I can inform _____ (neighbor) that my partner no longer resides with me and they should call the police if he is observed near my residence.

Step 4. Safety with a protection order. The following are steps that help the enforcement of my protection order.

- A. Always carry a certified copy with me and keep a photocopy.
- B. I will give my protection order to police departments in the community where I work and live.
- C. I can get my protection order to specify and describe all guns my partner may own and authorize a search for removal.