Your Safety Plan

1. What are the important emergency numbers?

 Local Police Department

 Domestic Violence Hotline

2. Who are the people that will support me?

Work Contacts

 Family Members

 Friends

 Neighbors

3. Who else should I inform about my situation?

 My HR contact at work

 Childcare Provider

 Childrens’ Schools

 My Doctor

 Pet Caretaker

4. How will I get out safely if there is an event? Identify doors and windows or an evacuation route. How will I include my children and/or pets in my escape plan? Use this space for notes:

5. Where are three places that I could go?

6. Are there weapons where I live? How can I get rid of them or use them to protect myself?

7. Consider putting together an Emergency Escape Bag. What items will I pack?

* Clothing
* Emergency money, credit or debit cards, cash
* House and/or car keys
* Special toy or blanket for children
* Valuable jewelry
* Items of sentimental value
* Medicines
* Driver’s license, passport, social security cards, insurance papers
* School and medical records
* Birth certificates
* Address book
* Other

8. If I need to leave quickly and it’s not safe to talk openly, I will use the following code word or signal to alert my children, or to alert my family or friends that we are coming:

Safety During an Incident

It’s not always possible to avoid a violent incident, but there may be things you can do to increase your safety and your children’s safety.

1. I’ll use my best judgment to recognize when an incident may be coming. Here are a list of signs that tell me my partner is priming up for an argument:

2. I will attempt to move to a lower risk space, avoiding arguments in the bathroom, garage, kitchen, or anywhere with potential weapons or no outside exit. The safest places in my home are:

3. What are some ways I can teach these strategies to my children?

General Safety and Well-Being

1. I will increase my independence by opening a bank account and getting a credit card in my own name.

 Banks I’m considering

 Documents I will need

2. I will buy a pre-paid cell phone and keep it with me at all times.

3. I will teach my children how to use the phone to contact 911. I will make sure they know our address. I will program emergency numbers into my cell phone and make sure the kids know how to access them.

Safety After You’ve Left

What kind of steps can you take that will increase your safety after you’ve left an abuser?

* If he has keys, I will change the locks on the doors, windows, and garage. I will install a peephole in the door.
* I will make sure that the school and daycare have a copy of all court orders, a picture of my abuser, and know that he may not pick them up.
* I will change my telephone number, and let friends, family, and coworkers know not to give it out.
* I will preprogram emergency numbers in my phone, and make sure my kids can access them.
* I will teach my children how to make a collect call to me if they are concerned or uncomfortable.
* If my abuser has access to my email account, I will change the password or create a new account.
* I will let my supervisor or HR person know about my situation and that he should not be allowed on the property.