

Personalized Safety Plan

Name: _____

Date: ____/____/____

Review Date: ____/____/____

A. Safety at Work, School and in Public

- I can tell my boss, teacher or co-worker about my situation and ask them to screen my calls and to announce any visitors that I may have.
- When leaving work or school I can call my support system, my family or friends to let them know I am leaving and when to expect me.
- If problems occur when I am in public I can:
 - Ask for help
 - Call someone in my support system _____
 - Call the police
 - _____
- I can avoid stores, banks, and other public places that I used when residing with my battering partner:
 - I can research and find other stores to shop in such as _____
 - I can find other banks to do business in such as _____
 - I can find a buddy to accompany me to the places that I have to go to that my batterer may still frequent
 - I can _____

B. Safety and Protective Order

- I can obtain an Order of Protection from the DC Superior Court keep it on me at all times, as well as leave a copy with _____
- I will tell my employer, my church leader, my friends, my family and others that I have a protection order.
- If my protection order gets destroyed, I know I can go to DC Superior Court and get another copy.
- If my partner violates the protection order, I will call the police and report it. I will call my lawyer, my advocate, counselor, and/or tell the courts about the violation.
- If the police do not help, I will call my advocate or my attorney AND I will file a complaint with the Police Department.
- I can file a private criminal complaint with the district court in the jurisdiction that the violation took place or with the District Attorney. A domestic violence advocate will help me do this.

C. Safety with Children

- I will tell people who take care of my children the names of those who have permission to pick them up. The people that I will tell are:
 - The babysitter
 - My children's school
 - My neighbors
 - My family
 - Day Care

- The people who have permission to pick up my children are:

- I can teach my children how to use the telephone to make a collect call to me and to the police, a family member or someone in my support system in the event that my abuser abducts them or me.

D. Emotional Safety

- If I feel down and ready to return to a potentially abusive or dangerous situation, I can
 - call my advocate
 - call my friend
 - call my family for support or
 - attend support groups to gain support and strengthen my relationships with other people
 - _____

- When I have to communicate with my abuser by phone or in person I can

E. I will have important phone numbers accessible to my children and myself:

- Police _____
- Hotline _____
- Friends _____
- Shelter _____

F. Things I can do to make me feel stronger are:
