

PERSONALIZED SAFETY PLAN

WHILE IN AN ABUSIVE RELATIONSHIP...

I can tell _____ and _____ about the violence and ask them to call the police if they hear suspicious noises coming from my home.

If I leave my home, I can go (list four places):

I can leave extra money, car keys, clothes, and copies of documents with _____.

If I decide to leave, I will bring the items, or copies of these items, listed below.

- | | |
|--|--|
| <input type="checkbox"/> Identification | <input type="checkbox"/> Birth certificates for me and my children |
| <input type="checkbox"/> Social Security cards | <input type="checkbox"/> School and medical records |
| <input type="checkbox"/> Money, bankbooks, credit cards | <input type="checkbox"/> Keys - house/car/office |
| <input type="checkbox"/> Driver's license and registration | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Change of clothes | <input type="checkbox"/> Passport(s), Green Card(s), work permits |
| <input type="checkbox"/> Divorce papers | <input type="checkbox"/> Lease/rental agreement, house deed |
| <input type="checkbox"/> Mortgage payment book, current unpaid bills | <input type="checkbox"/> Insurance papers |
| <input type="checkbox"/> Pictures, jewelry, items of sentimental value | <input type="checkbox"/> Children's favorite toys and/or blankets |
| <input type="checkbox"/> Address book | |

To ensure safety and independence, I can:

- Keep change for phone calls with me at all times;
- Open my own savings account;
- Rehearse my escape route with a support person;

I can use computers at a friends house or in a public location so that my abuser can not view my search habits.

I will check with my cellphone provider to see if there is an online account and who has access to it. If my abuser has access to the account and can therefore see my call history, I will try to get a new cellphone and keep the number restricted.

I will find out what features are on my cellphone, computer or automobile that may allow my abuser to track my whereabouts.

SAFETY PLAN



AFTER LEAVING AN ABUSIVE RELATIONSHIP...

I can change the locks; install steel/metal doors, a security system, smoke detectors and an outside lighting system or I can look for these elements when relocating to a new apartment/house.

I will inform _____ and _____ that my partner no longer lives with me and ask them to call the police if s/he is observed near my home or my children.

I will tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are:

I can tell _____ at work about my situation and ask _____ to screen my calls.

I can avoid stores, banks, and _____ that I used when living with my abusive partner.

I can obtain a protective order from _____. I can keep it on or near me at all times as well as leave a copy with _____.

If I feel down and ready to return to a potentially abusive situation, I can call _____ for support or attend workshops and support groups at _____ and _____ to gain support and strengthen my relationships with other people.

I will have my car inspected to check for any devices that may allow my abuser to track my whereabouts.

If I share accounts with my abuser I will begin removing my name from those accounts and/or creating new ones.

I will have important phone numbers accessible to my children and myself such as:

Police _____	Hotline _____
Friends _____	Family _____
Shelter _____	Other _____

I will review this plan each time there is a change in my situation, which might include: moving to a new location, the serving of legal papers on my abuser, the arrest of my abuser, the release of my abuser, or any other significant change or event which could impact the safety of myself and/or my children.

Review date: _____