

Safety Plan



Personal Safety with an Abuser

- Go to an area where there are no weapons and where there are ways to escape
- Try to avoid areas where your children will be to avoid harm to them as well
- Know where the nearest phone to you is located
- Plan a code word with your children so they know if they should leave or call for help
- Practice how to get out of the house safely
- Keep your car fueled, the doors unlocked and backed into the driveway for a quick escape
- Avoid clothing that could be used to pull or strangle you, such as scarves or long necklaces
- Come up with several believable reasons for you to leave the house at a variety of times, day and night
- Call a domestic violence hotline to discuss or update your safety plan periodically, and to talk to someone who understands your situation and supports you

Examples

- Where can I go to escape? (Places without weapons and has access to doors, windows, access to the garage, etc.) _____

- What should be my escape route? _____

- When can I practice this? _____
- Where is the nearest phone? _____
- What should our code word be? _____
- When I say the code word, what should my children do? (call a friend or neighbor, call the police) _____

- What are some reasons for my leaving the house at different times? _____

Getting Ready to Leave

- Keep evidence of the abuse
- Tell someone about the abuse
- Identify a safe place for your children to stay
- Contact a local shelter and get information on the resources that are available to you
- Acquire jobs skills if possible
- Set aside money if possible
- Store some items that you will want after you leave at someone's house if possible, such as citizenship documents, social security card, clothes, children's toys, insurance information, medical records, birth certificates, money, and sentimental items

Examples

- Where will I keep evidence of the abuse, such as photos, angry messages or letters, and a journal of incidents? _____
- Who can I tell about the abuse? _____
- Where should my children stay? _____
- What shelter should I call? _____
Contact _____ Phone Number _____
Address _____
I will get there by _____
- How could I increase my job skills (take classes at a community college or take a typewriting class)? _____
Contact _____ Phone Number _____
Address _____
I will get there by _____
Contact _____ Phone Number _____
Address _____
I will get there by _____
- How can I set aside money? _____
- Where can I leave some things I will need? _____

- What are some items I should leave? _____

The Day You Leave

- Leave when your abuser would least expect it (for example, when you are getting along well or things are calm)
- Try to create a false trail (call a hotel or a shelter in the opposite direction you are going and ask questions that require them to call you back)

Examples

- What is the safest time for me to leave? _____
- Where could I pretend to go? _____

General Guidelines for Leaving an Abusive Relationship

- Plan how you will escape
- Plan on where you will go
- Hide an extra set of things you will need, such as keys, clothes, etc
- Take important phone numbers and information that you will easily access

Examples

- Where will I go? _____

- What information should I have with me? _____

- Phone numbers and addresses I will need
Contact _____ Phone Number _____
Address _____

Contact _____ Phone Number _____
Address _____

Contact _____ Phone Number _____
Address _____

Contact _____ Phone Number _____
Address _____

After Leaving the Abusive Relationship

- Change locks on doors and windows
- Change your routines and work hours to increase your safety
- Change routes that you take so that your abuser will not be able to find you
- Obtain a protection order
- Keep a copy of your protection order with you all the times
- Inform your employer, police department, friends, and landlord of your situation
- Give copies of your protection order to your employer, police department, landlord, etc
- Register your protection order
- Think about getting a post office box for your mail
- Be careful about giving out your address or phone number
- Inform your children's school of your situation
- Hand out photos of your abuser and make sure your children's caretakers know how your children may leave with (schools, babysitters, children's friends parents, etc)
- Reschedule appointments your abuser was aware you had
- Use different shopping places if possible
- Install extra security, such as a security system or outdoor lighting if possible
- Request caller ID

Examples

- How can I get a protection order? _____

- What are my normal routines? _____

- How can I alter them to increase my safety? _____

- Who will I inform of my situation? _____
- How can I register my protection order? _____

- Who do I need to notify of this? _____

- Where can I shop instead of my normal stores? _____

- How can I increase my home security? _____

