

Name \_\_\_\_\_  
Date \_\_\_\_\_  
Dates Reviewed \_\_\_\_\_

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my abuser's violence, I do have a choice about how to respond and how to best get myself and my children to safety.

## Personal Safety Plan

**Safety during an abusive incident:** You cannot always avoid violent incidents. In order to increase your safety, check what you can do to increase your safety.

- Try to avoid rooms without an exit door.       Try to avoid rooms with weapons.
- Use my instincts to judge the situation.       Practice an escape plan with my children.
- I can keep my purse and car keys ready and put them (place) \_\_\_\_\_
- If I have to leave my home, I will go \_\_\_\_\_. If I cannot go to this location, then I can go to \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.
- I will use \_\_\_\_\_ as my code word with my children or friends so they can call for help.
- Ask neighbors to call police if they hear a disturbance.
- When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as \_\_\_\_\_.

**Safety when preparing to leave:** Leaving your abuser is the most dangerous time because the abuser does not want you leave. Careful plans can increase your safety.

- Leave money, extra keys, copies of important documents, extra medications, and clothing in a safe place or with \_\_\_\_\_ or \_\_\_\_\_.
- Get my own post office box.       Open my own bank account.
- Always keep the shelter phone number with me.

**Safety with a Protective Order (P.O.):** Some abusers obey p.o.'s and some don't. Check what you can do to increase your safety.

- Keep a copy of my p.o. with me at ALL times.
- Give a copy of my p.o. to the shelter, my employer, my children's school, my landlord, my church, my family and friends, and anywhere else I visit often.
- Call the police immediately if my abuser violates the p.o.
- Know when my p.o. expires.       Call the shelter.

**Safety at work:** It is up to you if you tell your employer about your situation. Co-workers may be able to assist you with your safety.

- Inform \_\_\_\_\_ at work of my situation.
- Ask my boss to change my hours.       Use a variety of routes to come and go.
- Ask \_\_\_\_\_ to escort me to my car or bus stop.
- Provide a photo of my abuser to security officers or front desk staff.

