

Personalized Safety Plan

Think these things through ahead of time.

During a violent incident:

- How can I get out of my house if I need to?
- How can the children be safe?
- Should they leave, too?

Where to? (think of four places)

- Are my car keys and money easy to grab?
- Who can I leave extra money, car keys, clothes and copies of documents with?

Who: _____

- I always have change and phone numbers with me.
- Does someone (children, neighbor) know when to call the police?

Who: _____

- Who can I tell (neighbor) about the violence and ask them to call the police if they hear suspicious noises?

Who: _____

Have I practiced with my children (calling for help, getting to a safe place)?

- Where is the safest place in the house to be during an argument (Away from weapons or where I might be trapped)?

Where: _____

Safety if I have time to plan to leave:

- Where can I go? For a short time? For a longer time? If necessary, how can I get there in secret, so my abuser can't find me? Can I stay here, and get him to vacate?

- Is there someone who can come stay with me awhile?

Who: _____

I can check in regularly with someone, and discuss what to do if I don't call.

Who: _____

- I can change the locks, reinforce doors and windows, make sure smoke alarms are working, have outside lights.
- I can tell (neighbors) that my abuser no longer lives with me and ask them to call the police if he is observed near my home or our children.

Who: _____

- I can keep emergency numbers taped next to my phone.
- Ask police to patrol--extra patrol around my home.

Safety on the job, at school, in public:

- I can talk to family members, teachers, babysitters and day-care providers and give them names of people who have permission to pick up the children.
- I can tell (a co-worker) at work about my situation and ask them to screen my calls. I can change my schedule and the way I travel to work / do errands.
- I can think of where to go (a friend's, the police station) should he follow me.
- I can avoid stores, banks and other places that I used when I was living with my abuser.

Safety through court orders: (see Section 5)

- I can get a protective order at District, Probate or Superior Court;
- I can keep it with me at all times; I can leave a copy at my house, in my car, at my children's schools, at work and with:

Who: _____

- I can call the police if my abuser violates the order.

Safety by taking care of myself:

I can call (a support group, counsellor; friend) when I feel down and am considering returning to a potentially abusive situation. I can attend workshops, support groups and strengthen my relationship with other people.

I can get enough sleep, eat regularly, get exercise and stay in touch with people who can help me.

Other steps I can take to protect myself and my children: