

Personal Safety Planning

Safety during a violent incident:

- If there is an argument try to be in a place that has an exit and not in a bathroom, kitchen, or room that may contain weapons.
- Practice getting out of your home safely. Identify which doors, windows, elevator, or stairwell to use.
- Pack a bag and have it ready at a friend's or relative's house.
- Identify one or more neighbors you can tell about the violence and ask them if they can call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- Decide and plan where you will go if you ever have to leave home.
- Use your instincts and judgment. In a dangerous situation, placate the abuser if possible, to keep him or her calm.

Preparing to Leave

- Open a checking account or savings account in your own name.
- Get your own post office box. Use this address for your bank account.
- Leave money, an extra set of keys, copies of important documents, extra clothes, and medicines in a safe place.
- Identify a place where you and your children can go or a person who can lend you money.
- Always keep the shelter phone number and change or a calling card on you for emergency phone calls.
- If you have pets, make arrangements for them to be cared for in a safe place.

In Your Own Residence

- If you stay in your home, lock your windows and change locks on your doors.
- Develop a safety plan with your children for when you are not with them.
- Inform your child's school, day care, etc. about who has permission to pick up your child.
- Never call the abuser from your home; he/she may find out where you live.
- Request an unlisted/unpublished number from the telephone company
- On the Job and In Public
- Decide who at work you will inform of your situation.
- Include the office building security (if possible, provide them with a picture of your batterer)
- When at work, if possible, have someone screen your telephone calls.
- Have someone escort you to and from your car, bus, or train.
- If at all possible, use a variety of routes to come and go from home.

Personalized Safety Plan

I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.

I will use _____ as my code word with my children or my friends so they can call for help.

If I have to leave my home, I will go _____.

I will leave money, clothes, important documents, medicines, and an extra set of keys with _____ so I can leave quickly.

Things I can do to increase my independence include:

When I leave I should take:

- Identification for myself
- My birth certificate
- Children's birth certificates
- Social security cards
- School and vaccination records
- Money
- Checkbook, ATM cards, Credit cards
- Keys: House, Car, Office
- Children's favorite toy and/or blanket
- Lease/rental agreement, house deed, mortgage payment book
- Financial documents (i.e., income tax records, savings accounts, bank books, IRA's)
- Work permits
- Green card
- Passport(s)
- Medical records (for all of Medications)
- Insurance papers
- Welfare identification
- Marriage/Divorce Certificate
- Address book
- Small saleable items

Safety and my emotional health

If I feel down and ready to return to a potentially abusive situation, I can

When I have to communicate with my partner in person or by telephone, I can

I can tell myself

“_____” when others are trying to control or abuse me.

I can call _____,

and _____ as other resources to be of support to me.

Other things I can do to help me feel stronger are _____,

_____, and _____.