

SAFETY PLAN

Personalized Safety Plan For Victims of Domestic Violence

This is my plan for increasing my safety and preparing in advance for the possibility of further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him and how to best get myself and my children to safety.

My Important Telephone Numbers

Police: 911 and _____ (non-emergency)

Domestic Violence Program/Safe Home: _____

District Attorney's Office: _____

Women cannot always avoid violent incidents, but they can do a number of things to increase their safety during violent incidents.

I can do some or all of the following:

1. If I decide to leave, I can get out of the house by _____
(Practice how to get out safely. What doors or windows will you use?)
2. I can go to _____
(Decide this even if you do not think there will be a next time.)
3. I can keep my purse and car key ready by putting them: _____
4. I can tell _____, (neighbors/friends) about the violence and ask them to call the police if they hear suspicious noises coming from the house.
5. I can teach my children how to use the telephone or radio to contact the police and to get help in an emergency.
6. I can use _____ as my code word with my children and/or friends when I am in danger, so they will call for help.

7. When I expect an argument, I can try to move to _____, a space near an outside door that has no guns, knives or other weapons (usually bathrooms, garages and kitchen areas are dangerous places).
8. I can use my judgment and intuition. If the situation is very serious, I can give my partner what he wants to calm him down. I have to protect myself until I am out of danger.
9. I can call the police when it is safe, and I can get a protective order from the court.

SAFETY WHEN PREPARING TO LEAVE

Leaving must be done with a careful plan to increase safety. Batterers often strike back when they believe the woman is leaving the relationship.

I can do some or all of the following:

1. So I can leave quickly, I can leave money, an extra set of keys, extra clothing and important documents with (where) _____
2. I can open a savings account to increase my independence by _____
3. I can check with _____ and _____ to see who would be able to let me stay with them or lend me some money.
4. The National Domestic Violence hotline number is **1-800-799-SAFE (7233)**. By calling this free hotline, I can get the number of a shelter near me.
5. I can rehearse my escape plan and, as appropriate, practice it with my children.
6. Other things I can do to increase my independence:

Checklist-what you may want to take with you, if it is safe to do so:

- Identification
- Address book
- Money
- Credit cards
- Medications
- Social Security card
- Keys (house/car/work)
- Welfare identification

- Driver's license/vehicle registration
- Birth and marriage certificates
- Checkbook, ATM card, and other bank books
- Work permit (if necessary)
- School and vaccination records
- Divorce papers
- Copy of protective order
- Passport
- Pets (if necessary)
- Jewelry
- Photo album
- Children's special blanket, doll, etc.