

Personalized Safety Plan

Safety Before and During a Violent Incident

1. I will avoid confrontation in rooms where weapons are stored or rooms without access to an outside door such as bathrooms, kitchen, or garage.
2. I can tell _____ or _____ about the violence and ask them to call the police if they hear suspicious noises coming from my home.
3. I will use _____ as my code word with family and friends so they can call for help.
4. I will have important phone numbers available to myself and my children:

Important Phone Numbers

Police _____ **Crisis Line** _____

Family _____ **Shelter** _____

Safety if I ask my partner to leave home

1. I can change the locks on the doors and windows.
2. I can replace wooden doors with steel/metal doors.
3. I can install an outdoor lighting system that illuminates the yard when people approach my house.
4. I can install smoke detectors and fire extinguishers on each floor of my home.
5. I can inform _____ that my partner no longer lives with me and ask them to call the police if he/she is observed near my home.

Safety When Preparing to Leave

1. I will check to see what doors, windows, elevators, stairwells, or fire escape routes I might use and practice getting out safely.
2. I can keep my keys and wallet/purse _____ in order to leave quickly.
3. If I have to leave home, I will go to _____, _____, or _____.
4. I will leave money, an extra set of keys, copies of important documents (SS cards, birth certificates, etc), and extra clothes with _____.
5. I will open a savings account in my own name.
6. I have a cell phone that I will keep charged and ready, keep change for phone calls, or obtain a 911 phone.

Safety in Public

1. I can obtain a protection order from _____. I can keep it on or near me at all times as well as leave a copy with _____ or _____.
2. I can ask _____ to screen my calls at work.
3. When leaving work, I will have someone walk me to my car or public transportation stop.
4. If problems occur while I'm driving, I will: _____.
5. I can use different grocery stores, shopping centers, restaurants, or banking locations from those I used when I lived with my partner. I could also go on different days or at different times if it is not possible to utilize other providers for these services.

Items to Take When I Leave

- Identification for myself
- Passport (s)
- Children's birth certificates
- Divorce papers
- My birth certificate
- Medical records
- Social Security cards
- Bank books
- School/vaccination records
- Insurance papers
- Other important papers
- House deed
- Money
- Lease/rental agreement
- Checkbook, ATM card
- Driver's license & registration
- Credit cards
- Address book
- Keys – house/car/office
- Pictures
- Medications
- Jewelry
- Welfare identification
- Children's favorite toy/blanket
- Green card
- Work permits