

CONTINUED SAFETY PLAN

HOME PLAN:

In my home, I will take the following actions:

- ___ I will use the peephole before answering the door.
- ___ I will use the deadbolt when in my home.
- ___ I will make sure there are two ways to exit my home and create a plan on how to exit my home in an emergency.
- ___ I will turn the porch light on at night.
- ___ I will keep my windows locked.
- ___ I will close the door behind me and lock it.
- ___ I will not tell anyone who might be in contact with my batterer my current address or phone number.
- ___ I will request an unlisted telephone number and/or caller ID, when I move into a new home.
- ___ I will keep my purse/wallet and keys near the door to my home in case I have to leave in an emergency.
- ___ I will call the police (911) immediately if my abuser comes on my property.
- ___ I will talk to neighbors, ask them to call 911 if they see or hear something concerning, if comfortable sharing, give them copies of protective order.

PUBLIC PLAN:

On the job or in public, I will take the following actions:

- ___ I will carry a copy of my Protective Order with me at all times.
- ___ I will inform my boss, the security officer, or _____ at work of my situation and I will provide them a copy of my Protective Order.
- ___ I can ask _____ to screen my calls at work or school.
- ___ When I leave work, I can _____.
- ___ When I drive home, if problems occur, I can _____.
- ___ If I take the bus, if problems occur, I can _____.
- ___ Develop an office or work-escape plan.
- ___ Park close to office door/entrance or ask someone to walk with you to your car.

EMOTIONAL PLAN:

To protect my emotional health, I will take the following actions:

- ___ Should I have to talk with my abuser in person or over the phone, I will _____.
- ___ Should I miss the relationship with my abuser, I will _____.
- ___ If I believe that I am not safe, I will talk to _____ for support.
- ___ Should my circumstances change, I will meet with my counselor or advocate to update my safety plan.
- ___ I will see my counselor and/or attend support groups at a Better Way or _____ to gain support and strengthen my relationships with others.
- ___ When I enter a new relationship, I can _____.
- ___ I will be aware that drugs and alcohol can impair a person's ability to react quickly and rationally in an emergency situation.
- ___ Every person's situation is different. I will take the following additional precautions to increase my safety and independence:

A Better Way provides emotional support and crisis intervention 24 hours a day.

Please call anytime (765) 747-9107 or (765) 288-HELP

****CLIENT WITH CHILDREN CONTINUE****

WITH CHILDREN:

I will take the following actions:

- ___ I will teach children how to call 911, and give them permission to call in case of an emergency.
- ___ I will discuss with children who they can go to for help _____,
_____, and _____.
- ___ I will provide copies of Protective Orders to schools, daycares, and other care providers.
- ___ I will make sure every person who takes custody of the children knows who else is allowed to pick them up.
- ___ I will practice safe ways of getting out of the home with the children.

GIVE COMPLETED COPY TO CLIENT