

Personalized Safety Plan

Name: _____ **Date:** _____

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself to safety.

STEP 1: Safety During a Violent Incident. A violent incident cannot always be avoided. In order to increase safety, battered individuals may use a variety of strategies.

I can use some of the following strategies:

- A. If I decide to leave, I will _____. *(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes are available to use?)*
- B. I can keep my car keys ready and purse/wallet (location) _____ in order to leave quickly.
- C. I can tell _____ about the violence and request that they call the police if they hear suspicious noises coming from my house.
- D. If I have to leave my home, I will go to _____. *(Decide this even if you don't think there will be a next time.)*
- E. When I expect we're going to have an argument, I'll try to move to a place that is low risk, such as _____. *(Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)*
- F. I will use my judgement and intuition. If the situation is very serious, I can give my partner what they want to calm down. I have to protect myself until I am out of danger and can seek safety.
- G. OTHER: _____

**CLIENT WITH CHILDREN COMPLETE THE FOLLOWING **

- H. I can teach my children how to use the telephone to contact the police and the fire department.
- I. I will use _____ as my code for my children or my friends so they can call for help.
- J. OTHER: _____

STEP 2: Safety When Preparing to Leave. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that their partner is leaving the relationship. I can use some or all of the following safety strategies.

- A. I will leave money and an extra set of keys with _____ so that I can leave quickly.
- B. I will keep copies of important documents or keys at _____.
- C. I will open a savings account by _____, to increase my independence.
- D. Other things I can do to increase my independence are _____, _____, and _____.

E. OTHER: _____

STEP 3: Safety in My Own Residence. There are many things that you can do to increase your safety in your own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use:

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steel/metal doors.
- C. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
- D. I can purchase rope ladders to be used for escape from second floor windows.
- E. I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.
- F. I can install an outside lighting system that activates when a person is close to the house.
- G. I can inform _____ (*neighbor*) that my partner no longer resides with me and that they should call the police if they are observed near my residence.
- H. OTHER: _____

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- I. I will teach my children how to use the telephone to make a call to me and to _____ (friend/family) in the event my partner takes the children.
- J. I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pickup permission include:
 School: _____
 Day Care Staff: _____
 Babysitter: _____
 Sunday School Teacher: _____
 Teacher: _____
 Others: _____

STEP 4: Safety with a Protective Order. Many batterers obey protective orders, but one can never be sure which violent partner will obey and which will violate protective orders. I recognize that I may need to ask the police and the courts to enforce the protective order.

The following are some steps I can take to help the enforcement of my protective order:

- A. I will keep my protective order _____ (*location*). *Always keep it on or near your person. If you change wallets/purses, be sure to place your protective order in first!*
- B. I will give a copy of my protective order to police departments in the communities where I work, in those communities where I visit friends/family, and in the community where I live.
- C. **There should be county and state registries of protective orders that all police departments can call to confirm a protective order.** I can check to make sure that my order is on the registry. The telephone numbers for the county and state registries of protective orders are:

_____ (county) _____ (state)

- D. If my partner destroys my protective order, I can get another copy from the Clerk's Office.
- E. If my partner violates the protective order, I can call the police and report the violation, contact my attorney, call my advocate, and/or advise the court of the violation.
- F. If the police do not help, I can contact an advocate or an attorney and file a complaint with the chief of the police department, sheriff, or Prosecutor's Office.
- G. OTHER: _____

STEP 5: Safety on the Job and in Public. You must decide if and when you will tell others that your partner has battered you and that you may be at continued risk. Friends, family, and co-workers can help to protect you. You should carefully consider which people to invite to help secure your safety.

I might do any and all of the following:

- A. I can inform my boss, the security supervisor, and _____ at work.
- B. I can ask _____ to help screen my telephone calls at work.
- C. When leaving work, I can _____.
- D. If I have a problem while driving home, I can _____.
- E. If I use public transportation, I can _____.
- F. I will go to different grocery stores and shopping malls to conduct my business and shop at hours that are different from those that I kept when residing with my partner.
- G. OTHER: _____

STEP 6: Safety and Drug or Alcohol Use. If drug and alcohol use has occurred in my relationship with my battering partner, I can enhance my safety by some or all of the following:

- A. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.
- B. If my partner is using, I can _____ and/or _____.
- C. OTHER: _____

STEP 7: Safety and My Emotional Health. The experience of being battered and verbally degraded by a partner is usually exhausting and emotionally draining. The process of building a new life takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

- A. If I feel down and ready to return to a potentially abusive situation, I can _____.

- B. When I have to communicate with my partner in person or by telephone, I can _____.
- C. I can try to use, "I can....." statements with myself and to be assertive with others.
- D. I can tell myself " _____." Whenever I feel others are trying to control or abuse me.
- E. I can call _____, _____, and _____ as other support resources.
- F. I can attend workshops and support groups at _____ to gain support, build friendships, and strengthen relationships.
- G. OTHER: _____

STEP 8: Items to Take When Leaving. When leaving a partner, it is important to take certain items. Beyond this, individuals sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Money: Even if I have never worked, I can legally take ½ money from jointly held savings and checking accounts, as Indiana is a community property state. If I do not do this, my partner can legally take the money, remove my name, and close the accounts.

Items on the following lists with asterisks by them are the most important to take with you. If there is time, the other items might be taken, or stored outside the home. These items might best be placed in one location, so that if you leave in a hurry, they can be grabbed quickly.

When I leave, I should take:

***Essential**

- | | |
|--|--------------------------------------|
| • *Identification for myself | • Passport, divorce papers |
| • *Social Security Card | • Medical Records |
| • *My Birth Certificate | • Pictures, jewelry |
| • *Money | • Items of special sentimental value |
| • *Checkbook/ATM Card | • Address book |
| • *Credit Cards | • Lease/rental agreement, house deed |
| • *Keys – House, Car, Office | • Mortgage payment book |
| • *Driver's License and Registration | • Bank books, insurance papers |
| • *Medications | |
| • *Copy of Protective Order | |
| • *Welfare Identification, work permits, green cards | |

****IF CLIENT HAS CHILDREN THESE ITEMS ARE ALSO IMPORTANT TO BRING****

****Children's Birth Certificate (s)**

****Children's Social Security Cards**

****School and Vaccination Records**

TELEPHONE NUMBERS I NEED TO KNOW:

Police/Sheriff (Local) _____

Police/Sheriff (Work) _____

Prosecutor’s Office _____

DV Program (local) _____

National Domestic Violence Hotline: **800-799-SAFE (7233) 800-787-3224 (TTY) www.ndvh.org** County Registry of Protective Orders: _____

State Registry of Protective Orders: _____

Work Number: _____

Supervisor’s Home Number: _____

OTHER: _____

I will keep this document in a safe place and out of the reach of my potential abuser. I will periodically review this document and make any necessary changes as appropriate.

Review Date

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GIVE COMPLETED COPY TO CLIENT

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