

# PERSONAL SAFETY PLAN

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**The following steps represent my plan for increasing my safety and preparing in advance for the possibility of further violent situations. Although, I do not have control over my partner's violence, I do have a choice about HOW to respond to her/him and how to best get myself out of a potential violent situation for the safety of myself, my children (if children are involved), and my partner.**

## Step 1: SAFETY DURING AN EXPLOSIVE INCIDENT

- A: If I sense that we are going to have an argument, I will try to have us discuss it in \_\_\_\_\_ . (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to the front door.)
- B: If it's not safe to stay, I will \_\_\_\_\_  
(Practice how to get out safely. What doors, windows, stairwells etc. would you use?)
- C: I will keep a bag of personal items that I may need in the \_\_\_\_\_  
(include prescriptions, children's needs etc.) so that I may leave quickly if necessary.
- D: I will tell \_\_\_\_\_ about the violence and request that they call the police if they see/hear suspicious activity/noises.
- E: I will use \_\_\_\_\_ as my code with my friends (or children) so they can call for help.
- F: If I have to leave my home, I will go \_\_\_\_\_  
(Decide this even if you don't think there will be a next time.)
- *Use your judgment. If a situation is very serious, give him what he wants to calm him down. You have to protect yourself until you are out of danger.*

**ALWAYS REMEMBER: NO ONE DESERVES TO BE HIT OR HURT**

## Step 2: SAFETY WHEN PREPARING TO LEAVE

- A: I will leave money and extra keys with \_\_\_\_\_, so I can leave quickly.
- B: I will keep copies of important documents and some extra clothes with \_\_\_\_\_.
- C: I will open a savings account by \_\_\_\_\_ to increase my independence.
- D: I can also begin to \_\_\_\_\_ as a way of increasing my independence.
- E: The crisis line number is \_\_\_\_\_. I will keep the number with me at all times. I may call the crisis line collect if I need to.
- F: I will check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money, if I am in need.
- G: I can leave extra clothes and copies of my important documents or keys at \_\_\_\_\_.

**\* REMEMBER. If you tell your partner that you'll leave him/her if he/she ever becomes violent with you again, think about whether you are giving him/her permission to become violent with you "just one more time".**

## Step 3: SAFETY ON THE JOB AND IN PUBLIC

- A: I will inform \_\_\_\_\_ at work of my situation.
- B: I will do \_\_\_\_\_ to help screen my telephone calls at work.
- C: When leaving work, if my partner and I are not getting along, I will \_\_\_\_\_.
- D: When driving home, if problems occur, I will \_\_\_\_\_.

## Step 4: SAFETY AND EMOTIONAL HEALTH

- A: If I feel afraid and anxious about my situation, I will \_\_\_\_\_.

- B: When I have to communicate with my ex-partner, I will \_\_\_\_\_  
\_\_\_\_\_
- C: I will try to use positive self-talk with myself and be assertive with others. I will tell myself that \_\_\_\_\_  
\_\_\_\_\_ whenever I feel others are trying to control or abuse me.
- D: I will read \_\_\_\_\_ to help me feel stronger.
- E: I will call \_\_\_\_\_ as additional source of support and strength.
- F: I will contact a Support Group for others, if there is one, who have been in the same situation as I have been as a source of support and to help me learn more about my relationship and myself.

### **Step 5: SAFETY IN MY OWN RESIDENCE**

- A: I will change \_\_\_\_\_ on my doors as soon as possible.
- B: I will buy \_\_\_\_\_ to secure my windows.
- C: I will teach my children to \_\_\_\_\_ when I am not available.
- D: I will inform \_\_\_\_\_ about who has permission to pick up my children.
- E: I will inform \_\_\_\_\_ that my partner no longer resides with me and they should call the police if he is observed near my residence.

### **Step 6: SAFETY WITH A PROTECTIVE ORDER**

- A: I will keep my protective order \_\_\_\_\_.  
(Always keep it on your person. If you change your bag; it is the first thing that should go in.)
- B: If my partner breaks the protective order, I will \_\_\_\_\_  
\_\_\_\_\_.
- C: If the police are not responsive, I will \_\_\_\_\_  
\_\_\_\_\_.
- D: I will inform \_\_\_\_\_ that I have a protective order in effect.