

## Personalized Safety Plan

I will tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I can tell \_\_\_\_\_ at work about my situation and ask \_\_\_\_\_ to screen my calls.

I can avoid banks, gyms, and \_\_\_\_\_ that I used when living with my partner.

I can obtain a protective order from \_\_\_\_\_

I can keep it on or near me at all times as well as leave a copy with \_\_\_\_\_

If I feel like I want to return to a partner who has been abusive, I can call \_\_\_\_\_

\_\_\_\_\_ for support or attend workshops and support groups to gain support and strengthen my relationship with other people.

I will leave my pets with a friend, family member, or my veterinarian \_\_\_\_\_

\_\_\_\_\_ or ask my shelter if they know someplace that will keep them safe, or check [awionline.org/safe-havens](http://awionline.org/safe-havens) for a "safe haven" near me.

### Checklist of Items to Take

- Identification
- Birth certificates for me and my children
- Cell phone with charger (possibly disposable)
- Laptop/computer
- Social Security cards
- School and medical records
- Money, bankbooks, and credit cards (possibly prepaid)
- Keys for house, car, and office
- Driver's license and registration
- Medications
- Change of clothes
- Welfare identification
- Passports, Green Card(s), work permit
- Divorce papers
- Lease/rental agreement/house deed
- Mortgage payment book, current unpaid bills
- Insurance papers
- Address book
- Pictures, jewelry, items of sentimental value
- Children's favorite toys and/or blankets

### Important Phone Numbers

Police \_\_\_\_\_  
Hotline \_\_\_\_\_  
Friends \_\_\_\_\_

Shelter \_\_\_\_\_

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### Suggestions for increasing safety in the relationship

I will have important phone numbers available to my children and myself (see on next page).

I can tell \_\_\_\_\_ and \_\_\_\_\_ about what is happening and ask them to call the police if they hear suspicious noises coming from my home.

If I leave my home, I can go (list four places):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I can leave extra money, car keys, clothes, and copies of documents with \_\_\_\_\_

If I leave, I will take \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(see checklist on next page).

To ensure safety and independence, I can buy a disposable pre-paid cellular phone., open my own savings account; rehearse my escape route with a support person, and review safety plan on \_\_\_\_\_ (date).

I will teach my children how and when to call 911.

I will use my judgment and intuition. If the situation is very serious, I will give my partner what they need to calm them down. I will protect myself and my children until we are out of danger.

### Suggestions for increasing safety when the relationship is over

I can: change the locks; install steel/metal doors, a security system, smoke detectors, and an outside lighting system.

I will consider carefully which people I invite to help secure my safety.

I will unfollow my partner on the following social media platforms \_\_\_\_\_

\_\_\_\_\_ and ask that my friends not post information about my situation or whereabouts.

I will find out how to turn off the location on my cellphone and social media profiles, change all my social media passwords, and do the same for my children's devices as well.

I will disconnect any personal digital assistants like Alexa, Siri, or Echo or at least make sure my abuser does not have access to them. I will call a repair shop if I think someone has put a tracking device on my computer or phone.

I will inform \_\_\_\_\_ and \_\_\_\_\_ that my partner no longer lives with me and ask them to call the police if my partner is observed near my home or my children.

The information on the following pages is adapted from *Domestic Violence: The Facts*, a publication of Battered Women Fighting Back!, Inc. a domestic violence awareness and support group headquartered in Boston, Massachusetts.