



## PERSONALIZED SAFETY PLAN

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Review Date: \_\_\_\_\_

The following steps represent my plan for increasing my safety and preparing in advance for the possibility of further violence. Although I do not have control my partner's violence, I do have options when considering an action plan for responding to him/her and getting myself and my children to safety.

### **STEP 1: Safety During a Violent Incident**

- A. If argument arises, I can try to move to a space that is lowest risk, such as \_\_\_\_\_. (Avoid arguments in the bathroom, kitchen, garage, near weapons or in rooms without access to an outside door.)
- B. If it is not safe to stay, I can \_\_\_\_\_. (Practice how to get out safely, what doors, windows, elevators, stairwells or fire escapes would you use?)
- C. Have purse/wallet and car keys ready and put them (location) \_\_\_\_\_ so that I can leave quickly.
- D. I can tell \_\_\_\_\_ and \_\_\_\_\_ about the violence and ask them to call the police if they hear suspicious noises coming from my home.
- E. I can use \_\_\_\_\_ as my code word with my children or my friends so that they can call for help. You may need to educate your children on how to contact authorities.
- F. If I have to leave my home, I can go \_\_\_\_\_ or \_\_\_\_\_. (Decide this even if you don't think there will be a next time.) Use your judgment. If the situation is very serious, do what you are able to do to calm the batterer. You must protect yourself (and children) until you are out of danger.

### **STEP 2: Safety When Preparing to Leave**

Abuse victims frequently leave the residence they share with the batterer. Leaving must be done strategically in order to increase safety. Batterers often strike back when they believe that a victim is leaving the relationship.

- A. I can leave money and an extra set of keys with \_\_\_\_\_ so that I can leave quickly.
- B. I can keep copies of the important documents (such as birth certificates or naturalization papers for myself and children, immunization records, passports, bank account numbers, driver's license, restraining orders, etc.) or keys and some extra clothes with \_\_\_\_\_.

- C. I can open a savings account to increase my independence. (Preferably opening in a bank other than the one used by you and your partner.)
- D. Other things I can do in increase my independence include: \_\_\_\_\_  
\_\_\_\_\_.
- E. The domestic violence programs' hotline number is 602-263-8900. I can keep change for pay phones or use a friend's cell phone. Remember using your own cell can lead the perpetrator to your safe location.
- F. I can check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money.
- G. I can sit down and review my safety plan every \_\_\_\_\_ so that I know the safest way to leave home. I can rehearse my escape plan and, as appropriate, practice with my children.

### **STEP 3: Safety in My Own Residence**

There should be some things done about safety while the abuser still lives in the home.

- A. If my partner no longer lives with me, I can take action to ensure my safety and my children's safety in my home. Safety measures I can use include:
- Changing the locks on the doors and windows as soon as possible;
  - Changing the phone number to unlisted in a different name;
  - Obtaining a confidential post office box to keep my address confidential;
  - Installing a security system, including additional locks, window bars, poles to wedge against the doors, an electronic system, etc.;
  - Purchasing rope ladders to be used for escape from second floor windows;
  - Installing smoke detectors and purchasing fire extinguishers for each floor in my home; and
  - Installing an outside lighting system that lights up when a person is coming close to my house.
- B. In can teach my children to \_\_\_\_\_ when I am not available.
- C. I can inform \_\_\_\_\_ and \_\_\_\_\_ about who has permission to pick up my children.
- D. I can teach my children how to use the telephone to make a collect call to me and to \_\_\_\_\_ in the event that my abuser abducts them.
- E. I can inform \_\_\_\_\_ and \_\_\_\_\_ that my partner no longer resides with me and that they should call the police if he is observed near my home. Pictures can be supplied to neighbors and teachers.

### **STEP 4: Safety with a Protective Order**

- A. I can keep my protective order \_\_\_\_\_. (Always keep it on you.)

- B. If my abuser breaks the protective order, I can \_\_\_\_\_.
- C. If the police are not responsive, I can \_\_\_\_\_.
- D. I can inform \_\_\_\_\_ and \_\_\_\_\_ that I have a protective order in effect.
- E. If my abuser destroys my protective order, I can get another copy from the \_\_\_\_\_ Court.

**STEP 5: Safety on the Job and in Public:**

- A. I can inform \_\_\_\_\_ and \_\_\_\_\_ at work of my situation.
- B. I can use voice mail, the receptionist or a co-worker to help screen my telephone calls at work.
- C. When leaving work, I can \_\_\_\_\_.
- D. If problems occur when I am driving home, I can \_\_\_\_\_.
- E. If I use public transportation, I can \_\_\_\_\_.
- F. I can also \_\_\_\_\_.

**STEP 6: Safety and Drug or Alcohol Consumption**

The use of any alcohol or other drug can reduce a person’s awareness and ability to act quickly to protect herself/himself from her/his abuser. Furthermore, the abuser’s use of alcohol or other drugs may give her/him an excuse to use violence. Therefore, in the context of alcohol or other drug consumption, a person needs to make specific safety plans. Using illegal drugs can lead to poor relationships with family and children.

If drug or alcohol consumption has occurred in my relationship with my abuser, I can enhance my safety in these ways:

- A. If I am going to consume alcohol or other drugs, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.
- B. I can also \_\_\_\_\_.
- C. If my abuser is consuming, I can \_\_\_\_\_.
- D. To protect my children, I might \_\_\_\_\_.

**STEP 7: Safety and My Emotional Health**

- A. If I feel depressed about being alone or pressured to return to a potentially abusive situation, I can \_\_\_\_\_.
- B. When I have to communicate with my abuser in person or by phone, I can \_\_\_\_\_.
- C. I can try to use positive self-talk with myself and be assertive with others. I can tell myself that I don't deserve to be beaten whenever I feel others are trying to control or abuse me.
- D. I can read \_\_\_\_\_ to help me feel stronger.
- E. I can call \_\_\_\_\_ and \_\_\_\_\_ as additional resources to support me.

**CHECKLIST FOR SAFETY PLAN IMPLEMENTATION**

**What I Need to Take When I Leave:**

Identification for myself and children, including:

- Driver's license
- Birth certificate(s)
- Passport(s)
- Social security card(s)
- Green card
- Work permits
- Welfare, Medicaid (AHCCCS) card(s)

Financial resources

- Money
- Bank book(s)
- Credit card(s)
- Checkbook
- Stocks/bonds

Other:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Important Papers:

- Lease or rental agreements
- House deed
- Mortgage payment book
- Insurance papers
- Medical records for entire family
- School records
- Divorce Papers
- Car payment book (if you own or are taking that car)

Miscellaneous:

- Keys to house, car, office, safe-deposit box, post office box, etc.
- Medications
- Jewelry
- Address book/phone numbers
- Pictures, picture albums
- Items of special sentimental value
- Children's favorite toys and/or blankets
- Turn off GPS tracking device on car
- Remove battery from cell phone (can be tracked)
- Computer safety (Facebook, Passwords)

I CAN KEEP ALL THE ITEMS CONCERNING ME IN ONE LOCATION. IF I HAVE TO LEAVE IN A HURRY, I CAN GRAB THOSE ITEMS QUICKLY.

**IMPORTANT PHONE NUMBERS:**

Police Department (home) \_\_\_\_\_

Police Department (school) \_\_\_\_\_

Police Department (work) \_\_\_\_\_

Domestic Violence Program/Shelter \_\_\_\_\_

**Always Remember: YOU DESERVE BETTER THAN THIS!**