

**Personalized Safety Plan**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Counselor 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Counselor 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**STEP 1: Plan for safety during a violent incident to increase safety.**

1. If I decide to leave, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. *(Practice how to get out safely. What exits can you use?)*
2. I can keep my purse and car keys ready and put them *(location)* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in order to leave quickly.
3. I can tell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about the violence and request that she or he call the police if she or he hears suspicious noises coming from my house. *(a neighbor within hearing distance).*
4. I will use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as my code with my children or my friends so they can call for help.
5. 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.)*
6. When I expect we’re going to have an argument, I’ll try to move to a place that is lower risk, such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. *(Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)*
7. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we can get out safely or get help.

If there are children in the home:

1. I can teach my children how to use the telephone to contact 911.
2. I can also teach some of these strategies (exits, code words, etc.) to some or all of my children.

**STEP 2: Safety when preparing to leave.** *Those who are abused frequently leave the residence they share with their abuser. Leaving must be done with a careful plan in order to increase safety. This can be the most dangerous time (especially after 2 weeks of being out of the home).*

I can use some or all of the following strategies:

1. I will leave a packed bag (*see list*) and extra set of keys with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so I can leave quickly.
2. I will keep copies of important documents or keys at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. I will open a savings account by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, to increase my independence. (*For women whose finances are closely monitored, this needs to be done after leaving, not before).*
4. Other things I can do to increase my independence include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. I can keep a list of important numbers in my packed bag, so I may use a designated cell phone after leaving. (*Phones and phone charges can often be traced. CHCC provides safe homes with pre-paid cell phones).*
6. I will sit down and review my safety plan every \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in order to plan the safest way to leave the residence. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*my counselor, advocate, or safe house host*) has agreed to help me review this plan.
7. I will rehearse my escape plan and, as appropriate, practice it with my children.

**STEP 3: Safety for those staying in the home, while the abuser is out of the home.** *There are many things that those who have been abused can do to increase their safety in their own residence. CHCC can provide help to implement some of these safety measures.*

Safety measures I can use:

1. I can change the locks on my doors and windows as soon as possible.
2. I can replace wooden doors with steel/metal doors.
3. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
4. I can purchase rope ladders to be used for escape from second floor windows.
5. I can install smoke detectors and fire extinguishers for each or of my house/apartment.
6. I can install an outside lighting system that activates when a person is close to the house.
7. I can inform \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*neighbor*) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*friend*) that my partner no longer resides with me and that they should call the police if he is observed near my residence.

If there are children in the home:

1. I will teach my children how to make a collect call to me and to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*name of friend, etc*.) in the event that my partner takes the children.
2. I will tell the 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 pick-up permission include:  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of school) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of babysitter) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of teacher) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of church, children’s ministry) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name[s] of others)

**STEP 4: Safety with a Legal Court Order (Order of protection, restraining order, no contact order, etc.).** *Many abusers obey protection 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 my protective order.

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

1. I will keep my protection order \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (location). *Always keep it on or near your person. If you change purses, that’s the first thing that should go in the new purse.*
2. I will give my protection order to police departments in the community where I work, in those communities where I visit friends or family, and in the community where I live, *if I have filed a civil order*. If a criminal order has been filed, the police department will already have a copy.
3. *There should be county and state registries of protection orders that all police departments can call to confirm a protection order.* I can check to make sure that my order is on the registry. The telephone numbers for the county and state registries of protection orders are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (county) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (state).
4. I will inform my employer; my pastor, etc.; my closest friend; and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that I have a protection order in effect and will allow a copy to be made for my counseling file, and for children’s ministries.
5. If my partner violates the protection order, I can call the police and report the violation, and then contact the church.

\*Sign up for Vine Link:

1. Go to [www.vinelink.com](http://www.vinelink.com)
2. Select text or email to set up your account – this will be how you are contacted when the defendant is released.
3. You will also need to select a 4-digit pin number. The easiest is to make this the last four digits of your phone number.

**STEP 5: Safety on the job and in public.**  *Friends, family, and co-workers can help to protect someone who has been abused. Each person should carefully consider which people to invite to help secure his/her safety.*

I may do any or all of the following at work:

1. I can inform my boss, the security supervisor, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at work.
2. I can ask \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help me screen my telephone calls at work.
3. When leaving work, I can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (*have someone walk you to your car, screen the parking lot, etc.)*

I may do any or all of the following while out in public:

1. If I have a problem while driving home, I can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. If I use public transit, I can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. I will go to \_\_\_\_\_\_\_\_\_\_\_ grocery store(s), \_\_\_\_\_\_\_\_\_\_ pharmacies (*remove contact information of the abuser),* and \_\_\_\_\_\_\_\_\_\_\_\_\_ shopping malls that are different from where I usually go to conduct my business and shop at hours that are different from those I kept when living at home.
4. I can use a different bank location \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and go at hours that are different from those kept when residing with my abuser.

**STEP 6: Safety of mental and emotional health.** *The experience of being abused and verbally degraded by partners 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:

1. If I feel down and am returning to a potentially abusive situation, I can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (*call \_\_\_\_\_\_\_\_\_ friend, talk to a safe house host or counselor, head to \_\_\_\_\_\_\_\_\_ Scripture).*
2. When I have to communicate with my partner in person or by telephone, I can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (*ask a friend to sit with me, talk to my counselor right after, etc.)*
3. I can remind myself of this truth from God’s Word, “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” whenever I feel others are trying to control or abuse me.
4. I can read \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help me feel stronger. (*Bible, counseling resource, etc.)*
5. I can call \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for support.
6. I can attend Hope for Hurting Wives, a Life Group, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to gain support and strengthen relationships.

**STEP 7: Items to take when leaving.**

**Money:** Even if I never worked, I can take money from jointly held savings and checking accounts. If I do not take this money, he/she can legally take the money and close the accounts. (*If your finances are closely guarded, pack a debit card and withdrawal money away from your safe house as soon as possible after leaving. If this will create a bigger safety risk, do not take money out – CHCC will help provide what you need).*

Items to have packed in a bag, and kept offsite (*do not remove or pack items from the home that will be missed easily):*

* A copy of house and car keys
* At least a 3-day supply of medication
* A copy of important contact information
* A change (or two) of clothing (for children as well)
* Money
* Sentimental items/photos/jewelry
* Children’s toys/books

Items to keep in your purse to grab quickly:

* Identification (Driver’s License)
* Debit/Credit cards
* Checkbook
* Work identification or permits/green card/welfare identification
* Copy of protection order

Items to know the location of, in case you need to pick up (once escorted back to your home by the police):

* Birth certificates
* School and vaccination records
* Medical records (most can be found online)
* Social Security Cards
* Passports
* Lease/rental agreements or house deeds
* Insurance Paperwork

Items CHCC will provide:

* Bed/blankets/pillows/towels, etc.
* Toiletries
* Pre-paid cell phone
* Food
* Gas, if needed

**Telephone numbers I need to know:**

Police/sheriff’s department (local) - 911 or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Police/sheriff’s department (work) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Police/sheriff’s department (school) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Prosecutor’s office \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Church 425-488-4121 or Counselor’s Direct Line \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

National Domestic Violence Hotline: 800-799-SAFE (7233) 800-787-3224 (TTY)   
County registry of protection orders \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

State registry of protection orders \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Work number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Supervisor’s home number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I will keep this document in a safe place and out of the reach of my potential attacker. Review date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**