



Name: _____

Date: _____

Safety During a Violent Incident

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

- A. If we have an argument, I can try to move to a space that is lowest risk, such as _____ . (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to a door that leads outside).
- B. If it is not safe to stay, I can _____. (Practice how to get out safely; what doors, windows, elevators, stairwells, or fire escapes could you use?
- C. I can keep my purse and car keys ready and put them _____ 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 know to call for help.
- F. I can teach my children how to use the telephone to contact the police and the fire department.
- G. 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.)



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Personalized Safety Plan

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

Safety When Preparing to Leave

- A. I can leave money and an extra set of keys with _____ so that I can leave quickly.
- B. I can keep copies of my important documents (such as birth certificates or naturalization papers for myself and my children, immunization records, passports, bank account numbers, driver's license, restraining order, etc.) and keys and some extra clothes with _____.
- C. I can open a savings account to increase my independence. (Preferably opened in a bank other than the one used by you and your partner.)
- D. Other things I can do to increase my independence include:



- E. The NYC Domestic Violence hotline number is 1-800-621-4673. I can keep change for phone calls with me at all times (if public phones are still available). I understand that if I use my telephone, credit card or cell phone, the following month's telephone bill will tell my batterer those numbers that I called after I left. To keep my telephone communications confidential, I can either use coins or get a friend to permit me to use his/ her telephone, credit card for a short time when I first leave.
- F. I can check with _____ and _____ to see who would be able to let me stay with them or lend me money.
- G. I can sit down and review my safety plan every _____ so that I know the safest way to leave home.
- H. I can rehearse my escape plan and, as appropriate, practice it with my children.

Note: Survivors frequently leave the residence they share with the person who abused them. Leaving must be done strategically in order to increase safety. Abusers often strike back when they believe that a survivor is planning to leave/leaving the abusive conditions.



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Safety in My Own Residence

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

There are things that can be done to increase safety while I am in my own residence. These safety measures can be added step by step.

- A. I can teach my children to _____ when I am not available.

- B. I can inform _____ and _____ about who has permission to pick up my children, and ask them to call the police in the event that they see something unusual.

- C. I can teach my children how to use the telephone to call to me and to _____ in the event that my abuser abducts them.



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Safety With an Order of Protection

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

- A. I can keep my order of protection _____ (Always keep it on or near your person. If you change purses/bags that is the first thing that should go into the location.)
- 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 order of protection, I can get another copy from the _____ District/ Probate Court.



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Safety When the Abuser Does not Live with You

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

- A. If my partner no longer lives with me, I can take action to ensure my safety and my children's safety in our 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;
 - Replacing wooden doors with steel metal doors;
 - 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 windows above the first floor;
 - Installing smoke detectors and purchasing fire extinguishers;
 - Talk to your landlord about the possibility of installing an outside lighting system that lights up when a person is coming close to the building.



- B. I can give my order of protection to my landlord/security _____ and a close neighbor _____. I can also provide my abusers name and picture.
- C. I can inform _____ and _____ and _____ that my partner no longer resides with me and that they should call the police if he is observed near my home or in my building. I can provide a picture of my abuser to neighbors and school teachers so they will recognize him if he appears at my house or at my children's school.
- D. I can change my route to and from my home by _____ well as _____.



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Safety on the Job and in Public

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

A. I can inform _____ and _____ 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 _____ to ensure my safety.

D. If problems occur when I am driving home, I can _____.

E. If I use public transportation, I can _____.

F. I can also take the following precautions to ensure my safety: _____.



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Safety When at School

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

- A. The safest way for me to get to and from school is: _____
and have a friend _____ walk or ride with me.
- B. I can inform _____ and _____ who are school
faculty of my situation..
- C. If I have an emergency at school or at school I can _____
_____.
- D. I will eat lunch and spend free periods in an area where there are school faculty
nearby. Areas in my school where I feel safe are _____
and _____ and _____.
- E. If my abuser has any classes with me, I can talk to _____
and tell them about my situation.
- F. When leaving school I can also _____ to ensure my
safety.



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Safety with Media and Technology

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

- If my abuser is writing me over social media or text messages I can save the messages for proof of abuse.
- I can take precaution to protect my information by creating a complex password for my phone and other devices
- I can use the internet at _____ a safe location from my abuser.
- I can create a safe email and instant messaging account without using my real name.
- I can download photo/information hiding applications
- If my abuser and I share a plan I can cancel our plan together
- Keep social media profiles as private as possible or deactivate them for a while.
- I can ask friends and family not to tag me in locations or share my information publically



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Safety and Drug or Alcohol Consumption

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

**The abuser's use of alcohol or other drugs may give them an excuse to use violence. Furthermore, the use of alcohol or any other drug can reduce a survivor's awareness and ability to act quickly to protect themselves from an abuser. Therefore, in the context of alcohol or other drug consumption, a survivor needs to make specific safety plans.

If drug or alcohol consumption has occurred in my relationship with my abuser, I can enhance my safety in the following 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 _____ or _____.

C. If my abuser is consuming, I can _____.

D. To protect my children, I might _____
_____.



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Safety When Abuser is Being Released from Prison

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

A. I can check the jail/prison status of my abuser regularly to be informed of their release from jail/prison. You can register on VINE, please see below for link.

- <https://vinelink.vineapps.com/search>

B. I can alert close family or friends _____ about abusers release.

C. In case of emergency I can _____ to ensure my safety.



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Safety for LGBTQ+

The following represents my plan for increasing safety and preparing in advance for the possibility of further violence. I can use this plan to get myself and family to safety.

- A. I can/have come out to _____ and I can inform them of my situation.

- B. If my abuser is withholding medication I can store extra medication in case of emergency.

- C. I _____ feel comfortable with my counselor disclosing my identity to another provider.

- D. For services specifically provided to members of the LGBTQ community I can contact Anti- Violence Project at their hotline 212-714-1141 or 212-714-1141.



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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 remember that **I do not deserve** to be coerced/manipulated/harmed whenever I feel others are trying to control or abuse me.
- D. I can _____ to help me feel grounded/rooted.
- E. I can call _____ and _____ and _____ as additional resources to support me.



Important Resources/Supports:

Police Dept (home): _____

Police Dept (school): _____

Police Dept (work): _____

Domestic Violence Agency: _____

Shelter Hotlines: 1-800-621-4673 (Safe Horizon); 1-800-664-5880 (Violence Intervention Program)

Other: _____

Check List for Safety Plan Implementation:

WHAT I NEED TO TAKE WHEN I LEAVE:

Identification for myself and children including:

- Drivers' License
- Birth Certificates
- Passports
- Social Security Card
- Green Cards
- Welfare, Medicare cards



Important Papers:

- Lease or rental agreement Insurance papers
- School Records
- House Deed
- Medical Record
- Financial Resources:
- Money
- Bank Books
- Credit Cards
- Check Book

Miscellaneous:

- Keys to house, car office, safety deposit box, post office box, etc
- Medications
- Jewelry
- Address (phone numbers) book

Note: I can keep items in one location. If I have to leave in a hurry, I can grab them quickly.