

PERSONAL SAFETY PLAN

You have the right to be safe!

Safety In Your Home Without Your Partner

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- Discuss a safety plan with your child(ren) for when you are not with them.
- Inform your child(ren)'s school, daycare, etc., about who has your permission to pick up your child(ren).
- Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see the abuser near your home.

Safety With An Order of Protection

- Keep your order of protection with you at all times. (When you change your purse that should be the first thing that goes in it). Give a copy to a trusted friend or neighbor.
- Call the police if your partner breaks the order of protection.
- Think of other ways to keep safe if the police do not respond right away.
- Tell family, friends, neighbors and your health care provider or physician that you have an order of protection in effect.

Safety On The Job And In Public

- Decide who at work you will inform of your situation.
- Arrange to have an answering machine, caller ID, trusted friend or relative screen your telephone calls if possible.
- Make a safety plan for when you leave work. Have someone walk you to your car, bus or train and wait until you are safely on your way. Use a number of different ways to go home if possible. Think about what you would do if something happened while going home (e.g., in your car, on the bus, etc.).

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Safety in a Violent Situation...

If an argument seems unavoidable, try to have it in a room or area where you have access to an exit.

Try to stay away from the bathroom, kitchen, bedroom or anywhere else where weapons might be available.

Practice how to get out of your home safely.

Identify which doors, windows, elevators, or stairs would be best to use.

Have a packed bag ready and keep it at a relative's or friend's home in order to leave quickly.

Choose one or more neighbors you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.

Create a code word to use with your child(ren), family, friends, and neighbors when you need the police.

Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).

Use your own instincts and judgment. If the situation is very dangerous, try to remain calm and consider all your options. You have the right to protect yourself until you are out of danger.

Safety When Preparing to Leave...

Open a savings account and/or credit card in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.

Leave money, an extra set of keys, copies of important documents, extra medicines and clothes with someone you trust so you can leave quickly.

Decide who would be able to let you stay with them or lend you some money.

Keep the shelter or Hotline phone number at a friend's house. Keep some change or a calling card with you at all times for emergency phone calls.

Review your safety plan as often as possible in order to plan the safest way to leave the batterer.

REMEMBER LEAVING THE BATTERER IS ALSO A VERY DANGEROUS TIME.

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Your Safety and Emotional Health

- If you are thinking about returning to an abusive situation, talk about other options with someone you trust.
- If you have to communicate with your partner, decide the safest way to do so.
- Have positive thoughts about yourself and be assertive with others about your needs. Read books, articles and poems to help you feel stronger.
- Decide who you can talk feely and openly with to give you the support you need.
- Plan to attend a support group for victims of domestic violence to gain support from others and to learn more about yourself and the relationship.

*Checklist: What you need to take when you leave.
Do not try to gather items if you need to leave quickly.
Your safety is more important*

IDENTIFICATION	
✓	Driver's License
✓	Your Birth Certificate
✓	Child(ren)'s Birth Certificate
✓	Social Security Cards
✓	Personal Identification
LEGAL	
✓	YOUR ORDER OF PROTECTION
✓	Lease, Rental Agreement, House Deed
✓	Car Registration & Insurance Papers
✓	Health & Life Insurance Papers
✓	Medical Records for you & your child(ren)
✓	School Records
✓	Passport
✓	Divorce Papers
✓	Custody Papers
✓	Work Permits/Green Card/Visa
FINANCIAL	
✓	Money and/or Credit Cards
✓	Bankbooks and/or Checkbooks

OTHER	
✓	Car Keys
✓	Medications
✓	Small Objects to Sell
✓	Jewelry
✓	Address Book
✓	Phone Card
✓	Children's Small Toys
✓	Toiletries
✓	Diapers
✓	House Keys
✓	Pictures of You, Your Child(ren) and the Abuser
✓	Change of Clothes For You
✓	Change of clothes For Your Child(ren)

