

## Personalized Safety Plan

This is my plan for increasing my safety and preparing in advance for the possibility of further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him and how to best get myself and my children to safety.

### My Important Telephone Numbers

Police: 911

Sitkans Against Family Violence: 747-3370 or 1-800-478-6511

Other Numbers:

### SAFETY DURING AN ASSAULT

Women cannot always avoid violent incidents, but they can do a number of things to increase their safety during violent incidents.

I can do some or all of the following:

1. If I decide to leave, I can get out of the house by \_\_\_\_\_, (Practice how to get out safely. What doors or windows will you use?)
2. I can go to \_\_\_\_\_. (or SAFV Shelter - 207 Seward St.) (Decide this even if you don't think there will be a next time.)
3. In order to be able to leave quickly, I can keep my purse and vehicle key ready by putting them: \_\_\_\_\_.
4. I can tell \_\_\_\_\_, (neighbors) about the violence and ask them to call the police if they hear suspicious noises coming from the house.
5. I can teach my children how to use the telephone or radio to contact the police and to get help in an emergency.
6. I can use \_\_\_\_\_ as my code word with my children and/or friends when I am in danger, so they will call for help.
7. When I expect an argument, I can try to move to \_\_\_\_\_, a space near an outside door that has no guns, knives or other weapons (usually bathrooms, garages and kitchen areas are dangerous places).
8. I can use my judgment and intuition. If the situation is very serious, I can give my partner what he wants to calm him down. I have to protect myself until I am out of danger.
9. I can call the police when it is safe, and I can get a protective order from the court.

## **SAFETY WHEN PREPARING TO LEAVE**

It is important to have a careful plan when leaving to increase safety. Batterers often strike back when they believe the woman is leaving the relationship.

I can do some or all of the following:

1. So I can leave quickly, I can leave money, an extra set of keys, extra clothing and important documents with \_\_\_\_\_.
2. I can open a savings account to increase my independence with\_\_\_\_\_.
3. I can check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money.
4. The National Domestic Violence hotline number is 1-800-799-SAFE (7233). By calling this free hotline, I can get the number of a shelter near me.
5. I can rehearse my escape plan and, as appropriate, practice it with my children.
6. Other things I can do to increase my independence:

### **Checklist - What you may want to take with you, if it is safe to do so:**

Identification	Driver's license/vehicle registration
Address book	Address book
Money	Birth and marriage certificates
Credit cards	Children's birth certificates
Medications	Divorce papers
Social Security Cards	Copy of protective order
Keys (house/car/work)	Passport
Welfare identification	Pets (if you can)
Work permit	Jewelry
School and vaccination records	Photo Album
Children's special blanket, doll or stuffed animal	
Checkbook, ATM (Automatic Teller Machine) card, and other bank books	

## SAFETY IN MY HOME

There are many things that a woman can do to increase safety in her home. It may be impossible to do everything at once, but safety measures can be added step by step.

1. I can inform \_\_\_\_\_, that my partner no longer resides with me and they should call the police if he is seen at my residence.
2. I can change the locks on my doors and windows as soon as possible.
3. I can replace wooden doors with steel/metal doors.
4. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
5. I can purchase rope ladders for escape from second floor windows.
6. I can install smoke detectors and purchase fire extinguishers for my home.
7. I can install an sensor outside lighting system that lights up when a person approaches my house.
8. I can teach my children how to use the telephone, in case my partner takes them, to make a collect call to me and/or to:

\_\_\_\_\_. (friend/advocate/minister/other)

9. I can tell people who take care of my children which people have permission to pick up my children and that my partner does not have permission. The people I will inform about this are:

\_\_\_\_\_ (school)                      \_\_\_\_\_ (teacher)

\_\_\_\_\_ (day care)                      \_\_\_\_\_ (others)

\_\_\_\_\_ (babysitter)

## SAFETY WITH A PROTECTIVE ORDER

Protective orders are available from the court. An advocate is available at the nearest domestic violence/sexual assault program to help you get one. Many batterers obey protective orders, but some do not.

I understand that I may need to ask the police and the courts to enforce my protective order. I can do some or all of the following to increase my safety:

1. I can keep a copy of my protective order with me at all times.
2. I can check with my local police department to make sure my protective order is on record with them. If not, I will give a copy of my protective order to them. I will also

give a copy of my protective order to police departments in the community where I work and in those communities where I usually visit family or friends.

3. I can tell my employer, my domestic violence program advocate, my minister, my closest friend, and \_\_\_\_\_ that I have a protective order in effect.

4. If my partner destroys my protective order, I can get another copy from the courthouse by calling \_\_\_\_\_.

5. If my partner violates the protective order, I can call the police and report a violation, call my attorney, call an advocate at a domestic violence program, and/or advise the court of the violation.

### **SAFETY ON THE JOB AND IN PUBLIC**

Each battered woman must decide for herself if and when to tell others about the violence. Friends, family and co-workers can help to protect her, and she needs to consider carefully who to ask for help.

I can do any or all of the following:

1. I can tell my boss, the security supervisor and \_\_\_\_\_ at work of my situation.

2. I can ask \_\_\_\_\_ to help screen my telephone calls at work.

3. When I leave work, I can walk with \_\_\_\_\_ to my car or the bus stop. I can park my car where I will feel safest getting in and out of the car.

4. When traveling home if problems occur, I can \_\_\_\_\_.

5. I can use different grocery stores, stores, and banks to shop, and do business at hours that are different from those I used when residing with my battering partner.

6. I can also \_\_\_\_\_.

### **SAFETY AND DRUG OR ALCOHOL USE**

Many people use alcohol and drugs. Using illegal drugs and abusing alcohol can be very hard on a battered woman physically and emotionally, and may hurt her relationship with her children and put her at a disadvantage in court. Beyond this, the use of alcohol or other drugs can reduce a woman's awareness and ability to act quickly to protect herself from her battering partner. Therefore, in the context of drug or alcohol use, a woman needs to make specific plans.

If drug or alcohol use has occurred in my relationship with my partner, I can enhance my safety by doing some or all of the following:

1. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.

2. If my partner is using, I can \_\_\_\_\_.
3. To safeguard my children, I can \_\_\_\_\_.
4. I can also \_\_\_\_\_.

### **SAFETY AND MY EMOTIONAL HEALTH**

The experience of being battered and verbally degraded by partners is exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

To conserve my emotional energy and to avoid hard emotional times, I can do some of the following:

1. If I feel down and ready to return to a potentially abusive situation, I can \_\_\_\_\_.
2. When I have to communicate with my partner in person or by telephone, I can \_\_\_\_\_.
3. I can use, "I can" statements with myself and be assertive with others.
4. I can tell myself \_\_\_\_\_, whenever I feel others are trying to control or abuse me.
5. I can read \_\_\_\_\_ to help me feel stronger.
6. I can call \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ as other resources to be of support to me.
7. I can attend workshops and support groups at the domestic violence program or \_\_\_\_\_ to gain support and strengthen my relationships with other people.
8. Other things I can do to help me feel stronger are: \_\_\_\_\_.