

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:

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:

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.

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:

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:

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:

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:
