Personalized Safety Plan

This information was generalized from a plan found at Metro Nashville Police Department. Below is a seven step safety plan. Please take the time to print this and fill it out with a friend, family member or a woman in need. Even if you feel you will never need this information...

**Step 1. Safety during violence.**

**I can use the following options:**

a. If I decide to leave, I will____________________________________________________
   See Your Safety Plan.

b. I can keep a bag ready and put it______________________________so I can leave quickly.

c. I can tell________________________________about the violence and have them call the police
   when violence erupts.

d. I can teach my children to use the telephone to call the police and the fire department.

e. I will use this word code______________________________for my children, friends, or family to
   call for help.

f. If I have to leave my home, I will go_________________________________________.(Be prepared
   even if you think you will never have to leave.)

g. I can teach these strategies to my children.

h. When an argument erupts, I will move to a safer room such
   as_________________________________________________________. See Your Safety Plan.

i. I will use my instincts, intuition, and judgement. I will protect myself and my children until we are out
   of danger.

**Step 2. Safety when getting ready to leave.**

**I can use the following strategies:**

a. I will leave money and an extra set of keys with___________________________________________.

b. I will keep important documents and keys
   at______________________________________________________________.
c. I will open a savings account by this date __________________________ to increase my independence.

d. Other things I can do to increase my independence are:______________________________
________________________________________________________________________

e. The domestic violence hotline is ________________.

f. The shelter's hotline is ________________.

g. I will keep change for phone calls with me at **ALL** times. I know that if I use a telephone credit card, that the following month the telephone bill will tell the batterer who I called after I left. I will keep this information confidential by using a prepaid phone card, using a friend's telephone card, calling collect, or using change.

h. I will check with_________________________ and ______________________ to know who will let me stay with them or who will lend me money.

i. I can leave extra clothes with__________________________.

j. I will review my safety plan every ___________________(time frame) in order to plan the safest route. I will review the plan with ______________________________ (a friend, counselor or advocate.)

k. I will rehearse the escape plan and practice it with my children.

**Step 3. Safety At Home**

**I can use the following safety methods:**

a. I can change the locks on my doors and windows as soon as possible.

b. I can replace wooden doors with steel doors.

c. I can install security systems- i.e. additional locks, window bars, poles to wedge against doors, electronic sensors, etc.

d. I can purchase rope ladders to be used for escape routes from the second floor.

e. I can install smoke detectors and buy fire extinguishers for each floor of my home.

f. I can install an outside lighting system that lights up when someone approaches my home.
g. I will teach my children how to use the phone to make collect calls to me and to 
___________________________ (friend, family, minister) if my partner tried to take them.

h. I will tell the people who care for my children, who has permission to pick up my children. My 
partner is NOT allowed to. Inform the following people:
School________________________________________
Day Care_____________________________________
Babysitter____________________________________
Sunday School_______________________________
Teacher_______________________________________
And_________________________________________
Others________________________________________

i. I can tell the following people that my partner no longer lives with me and that they should call the 
police if he is near my residence:
Neighbors_____________________________________
Church Leaders_______________________________
Friends_______________________________________
Others_______________________________________

Step 4. Order of Protection

The following steps will help enforce the order of protection:

a. I will keep the protection order______________________(the location). Always keep it with you.

b. I will give my protection order to police departments in the areas that I visit my friends, family, where 
I live, and where I work.

c. If I visit other counties, I will register my protection order with those counties.

d. I can call the local domestic violence agency if I am not sure how to register my protection order with 
the police departments.

e. I will tell my employer, my church leader, my friends, my family and others that I have a protection 
order.

f. If my protection order gets destroyed, I know I can go to the County Courthouse and get another copy.

g. If my partner violates the protection order, I will call the police and report it. I will call my lawyer, 
my advocate, counselor, and/ or tell the courts about the violation.
h. If the police do not help, I will call my advocate or my attorney AND I will file a complaint with the Chief of the Police Department.

i. I can file a private criminal complaint with the district judge in the jurisdiction that the violation took place or with the District Attorney. A domestic violence advocate will help me do this.

Step 5. Job and Public Safety

I can do the following:

a. I can tell my boss, security, and _______________ at work about this situation.

b. I can ask______________________________ to help screen my phone calls.

c. When leaving work I can do the following:
   _____________________________________________________________________
   _____________________________________________________________________
   _____________________________________________________________________

   d. When I am driving home from work and problems arise, I can
   _____________________________________________________________________
   _____________________________________________________________________
   _____________________________________________________________________

   e. If I use public transportation, I can
   _____________________________________________________________________
   _____________________________________________________________________
   _____________________________________________________________________

   f. I will shop at different grocery stores and shopping malls at different hours than I did when I was with my partner.

   g. I will use a different bank and bank at different hours than I did when I was with my partner.

   h. I can also do the following:__________________________________________

Step 6. Drug and Alcohol Use.

I can enhance my safety if I do the following:

a. If I am going to use, I am going to do it in a safe place with people who understand the risk of violence and who are committed to my safety.
Step 7. Emotional Health

I can do the following:

a. If I feel depressed and ready to return to a potentially violent situation/partner, I can __________________________________________
   I can call __________________________________________________________

b. When I have to talk to my partner in person or on the phone, I can __________________________________________
   __________________________________________
   __________________________________________

   c. I will use "I can..." statements and I will be assertive with people.

   d. I can tell myself "________________________________________________________" when I feel people are trying to control or abuse me.

   e. I can call the following people and/or places for support: __________________________________________
      __________________________________________

   f. Things I can do to make me feel stronger are: __________________________________________