



My Personal Safety Plan

The following steps are necessary for increasing my safety if my partner becomes abusive. Although I can't control my abuser's violence, I do have a choice about how I respond and how I get to safety.

Dating Safety

When dating someone I do not know well yet:

- I can ask the following friends to double-date with me the first few times I go out with someone new: _____
- Before leaving on a date, I will tell my parent or friend my plans and what time I will be home. I will ask _____ to call or text me at the end of the date.
- I understand that being under the influence of drugs or alcohol will impair my ability to react to situations.
- I will assert my boundaries by being firm and straightforward with my date.
- I will trust my instincts. If a situation makes me uncomfortable, I will calmly remove myself from the situation by: _____

Relationship Safety

1. I can tell the following trusted adult what has been happening in my relationship:

2. I can tell my friend(s) _____
3. I feel safe telling school officials:

(teachers, principal, counselors, and security) about my situation in order to stay safe.
4. I will create a "code word" with my trusted friends or family in case of an emergency.

5. I can request to change my school locker or lock.
6. I can change my route to/from school.
7. I will walk with _____
when going to school, classes and after school activities.
8. When walking, riding or driving home, if problems occur, I can:

9. I can call _____ if I am stranded and need a ride home.
10. My designated pick-up place in case of an emergency is
_____. I have told my trusted friend or
adult where this is.
11. I will keep a journal describing the abuse. I will save text messages, emails, or any other
written evidence of my partner's abusive behavior.
12. I will get rid of anything my abuser has given me that might be used to track me, such as
a GPS system or cell phone.
13. I will block my abuser from my social media pages. If the harassment still does not cease,
I will disable my accounts (Facebook, Twitter, Tumblr).
14. I will screen my calls, and ask my family to screen my visitors at home.
15. The bus/train routes:
 - a. Home from my abuser's house is:

 - b. Home from school/work is:

 - c. To a trusted friend or adult's house:

16. If I have a car, I will keep my gas tank full.
17. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting
hurt such as:
 - a. School: _____

- b. Work: _____
- c. Home: _____
- d. Public : _____

18. When breaking up, I will meet my abuser at a public place such as

and I will tell a trusted friend or adult where I will be and have them close by at the following location _____

19. I can attend a women's support group. Support groups are held at the SAVE Community Office (1900 Mowry Ave Fremont, CA 94538; 4th floor conference room) on **Tuesday and Thursday from 7-9 pm and Friday from 9:15-11 am.**

20. Important phone numbers:

- a. Local Police Department: _____
- b. Attorney: _____
- c. Clergy Person: _____
- d. Counselor: _____
- e. Domestic Violence Organization: SAVE Crisis Hotline (510) 794-6055
 - i. Restraining Order Advocate: _____

21. I can keep change for phone calls with me at all times. I will call the following people for support or assistance, and I can ask them to call the police if necessary.

**It's important to memorize at least 1 of these numbers in case of an emergency.*

- a. Friend: _____
- b. Relative: _____
- c. Co-worker: _____