

## Safety Plan

*Note: Discuss this plan with patient, but **do not** let her take it home if it is unsafe for her to do so. If the patient wishes to take the plan home with them, discuss a safe place for them to keep it.*

### **Step 1: Safety during a violent incident.** *(I can use some or all of the following strategies)*

If I decide to leave my home, I will go to \_\_\_\_\_

I can tell \_\_\_\_\_ (neighbors) about the violence and request they call the police if they hear suspicious noises coming from my house.

I can teach my children how to call the police.

I will use \_\_\_\_\_ as my code word so someone can call for help.

I can keep my purse/car keys ready at \_\_\_\_\_ (place), in order to leave quickly.

I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

### **Step 2: Safety when preparing to leave.** *(I can use some or all of the following strategies)*

I can contact the local domestic violence and abuse program for help with safety planning.

The number is \_\_\_\_\_

I will keep copies of important documents, spare keys, clothes and money at \_\_\_\_\_

I will open my own savings account by (date) \_\_\_\_\_, to increase my independence.

Other things I can do to increase my independence include:

\_\_\_\_\_

I can keep change for my phone calls on me at all times. I understand that if I use my telephone credit card, the telephone bill will show my partner those numbers that I called after I left.

I will check with \_\_\_\_\_ (family, friends) to see who would be able to let me stay with them or lend me some money. If I plan to leave, I won't tell my abuser in advance face-to-face, but I will leave a note or call from a safe place.

### **Step 3: Safety in my own residence.** Safety measures I can use include:

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

I can replace wooden doors with steel or metal doors.

I can install additional locks, window bars, poles to wedge against doors, electronic systems, etc.

I can install motion sensor lights outside.

I will teach my children how to make a collect call to \_\_\_\_\_ if my partner takes them away.

I will tell people who take care of my children that my partner is not permitted to pick up my children.

I can inform \_\_\_\_\_ (neighbor) that my partner no longer resides with me and they should call the police if they are observed near my residence.

### **Step 4: Safety with a protection order.**

The following are steps that help the enforcement of my protection order:

I will carry a certified copy with me and keep a photocopy in a safe place.

I will give my protection order to police departments in the community where I work and live.

I can get my protection order to specify and describe all guns my partner may own and authorize a search for removal.