

Safety Plan

Abusers can take drastic actions when they find out they are losing the thing they thought they had control over. Emotions are high. For many victims, this is the MOST DANGEROUS time in an abusive relationship. Do the thinking BEFORE taking action. A safety plan might look like this:

If I decide to leave, places I can go where I feel comfortable and safe are:

1. _____
2. _____
3. _____

I will always let _____ and _____ know where I am and with whom I am staying.

I will always carry _____'s phone number, in case I need to call them because I am uncomfortable or I am being hurt. Their number is _____.

Other ways I can get home when I am out are:

1. _____
2. _____

If I am out and need help, I can always call _____.

In an emergency, I can call 911 or the statewide hotline number 1-800-_____, or my local domestic violence program at _____.

My code word is _____. This is a signal for my family, friends, and neighbors to help me, in case I need to assistance without alarming my abuser.

If you live with your abuser

If I have to leave my home, I can go to:

1. _____
2. _____
3. _____

I can tell _____ about the violence and request that they call the police if they hear suspicious noises coming from my house.

When I leave I should take: _____

I can also leave copies of these items with _____, who can keep them for me.

After leaving a relationship, it is important to STAY safe:

- Mix up your schedule.
- Take different routes on the way to class, to work, or back home.
- Walk with friends.
- Avoid contact with your abusive ex-partner.
- If possible, change all your phone numbers.

(from <http://seeitandstopit.org/pages/stopit/plan.html>)