

Safety Plan if currently with abusive partner

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Your safety and the safety of your child(ren) is the most important thing.

Women cannot always avoid violent incidents. In order to increase safety, battered women may use a variety of strategies.

The following steps represent 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 I respond to him/her and how to best get my children and myself to safety.

I can use some or all of the following strategies:

I can become consciously aware of my partner's triggers. I know that it is becoming unsafe when my partner is/does/says the following: _____

(i.e. drinking, using drugs, picking a fight, criticizing me, angry etc).

I will know that I am becoming unsafe when I feel: _____

(i.e. isolated, knots in my stomach, increased anxiety, like I am "walking on egg shells" etc).

I will look in each room in my home to figure out the best way to escape. I will try to stay out of places such as bathrooms and the kitchen if there is no outside exit. I will also try to avoid places where there are weapons such as knives or guns. I will practice these escape routes until I feel confident I can do them in an emergency.

On the main floor, the best way to get out is: _____.

On the second floor, the best way to get out is: _____.

In the basement, the best way to get out is: _____.

I can keep my purse and spare car keys ready and put them _____ (place) in order to leave quickly.

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

I can teach my children how to use the phone to contact the police or fire departments.

I will use _____ (word) as a code for my children or my friends so they can call for help.

If I decide to leave my home, then I will go _____ (decide this even if you don't think there will be a next time). If I cannot go to the location above, then I can go to _____ or _____.

When I expect we are going to have an argument, I will try to move to a space that is low risk, such as _____.

(Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to an outside door.)

I can also go to a room with a phone where I can lock the door from the inside.

If I call someone (friend, family, shelter etc) and I do not want my partner to know, I will dial another number such as _____ immediately afterwards so that my call cannot be traced by redialing.

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I will keep my car parked in a way that will be easiest to leave quickly.
(not in a garage, facing out towards the road etc.)

I will use my judgment and intuition. If a 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.

I will review and revise my safety plan every _____ (time frame) to make sure I am on track.

If I have children I will also consider the following options:

I will ensure my children have phone numbers in case of an emergency and know how to contact them.

I can rehearse what my children will say if they need to call for help.

For instance, we can practice how to contact the police like this:

Dial 911

An operator will answer: "Police, Fire, Ambulance."

Your child says: "Police."

Then your child says:

My name is _____.

I am _____ years old.

I need help. Send the Police.

Someone is hurting my mom.

The address here is _____.

The phone number here is _____.

I will pick _____ (place) as a safe place to meet my children outside our home after the situation is safe for me and for them. This will help us to easily find each other should we become separated.

I will teach my children the safest route to the planned place.

I can teach my safety plan and strategies to some/all of my children. I will tell them that it is a disaster plan so as to not alert my partner that we might leave.

I will be aware of my children's ability to keep information confidential and will be careful to not share or have them over hear information that I do not want other people to know.

This would include information such as _____
and _____.

I will keep this document in a safe place and out of reach of my potential abuser.

Review date: _____