

# PERSONALIZED SAFETY PLAN

(Keep this plan in a safe place - a family member or friend's home)

## I can get help

- I can tell \_\_\_\_\_ about the violence and request they call the police if they hear noises coming from my home.
- I can teach my children how to contact the police. I will make sure they know our address and telephone number.
- I can teach my children how to go to a \_\_\_\_\_ (e.g., neighbor, business, etc.) for help if it is not possible to use the telephone.
- If I have a programmable phone, I can program emergency numbers and teach my children how to use the auto dial.

## I can use my judgment

- When I expect my partner and I are going to argue, I will try to move to a space that is lowest risk, such as \_\_\_\_\_. (Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without an outside exit.)
- I can also teach some of these strategies to some/all of my children, as appropriate.

## I can leave

- If I decide to leave, I will \_\_\_\_\_. (Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)
- I can keep my purse and car keys ready and put them \_\_\_\_\_ to leave quickly.
- I will leave money and an extra set of keys with \_\_\_\_\_ so I can leave quickly.
- I will keep copies of important documents or keys at \_\_\_\_\_.
- If I have to leave home, I will go \_\_\_\_\_. If I cannot go to the above location, I can go to \_\_\_\_\_.
- The VRC domestic violence hotline numbers are 1-866-343-8808 or 1-800-456-1172. I can call it if I need shelter or information.
- If it's not safe to talk openly, I will use \_\_\_\_\_ as the code word/signal to my children that we are going to go, and/or to my family, friends, or trusted coworkers that we are coming.
- I will use \_\_\_\_\_ as my code word with my children or my friends so they will call for help.

## Planning to Leave

- I will call the VRC (domestic, sexual, stalking, family violence, and child abuse services agency) and get help making my plans. The hotline number is 1-866-343-8808 or 1-800-456-1172.
- I will leave money and an extra set of keys with \_\_\_\_\_ so I can leave quickly.
- I will keep copies of important documents or keys at \_\_\_\_\_.
- I can leave extra clothes for our family with \_\_\_\_\_.
- I will keep important numbers and change for phone calls with me at all times. Since my partner can learn who I have been talking to by looking at phone bills, emails, or on my cell phone, I can see if friends will let me use their phones and/or phone credit cards or computers.
- I can leave my pets with \_\_\_\_\_.
- I will check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money.
- I can increase my independence by opening a bank account and getting credit cards in my own name; taking classes or getting job skills; getting copies of all the important papers and documents I might need and keeping them with \_\_\_\_\_.
- Other things I can do to increase my independence include:  
\_\_\_\_\_.
- I can rehearse my escape plan and, if appropriate, practice it with my children.

## After I Leave

- I can call the VRC at (315) 331-1171 regarding assistance with an order of protection.
- I can change the locks on my doors and windows.
- I can replace wooden doors with steel/metal doors.
- I can install security systems including additional locks, window bars, poles to wedge against doors, and electronic monitoring system, etc.
- I can purchase rope ladders to be used for escape from second floor windows.
- I can install smoke detectors and put fire extinguishers on each floor in my home.
- I will teach my children how to use the phone to make a collect call to me if they are concerned about their safety.
- I can tell people who take care of my children, including their school, which people have permission to pick them up and make sure they know how to recognize those people.
- I will give the people who take care of my children, including their school, copies of custody and protective orders, and emergency numbers.
- **I will never go alone to drop off or pick up the children for visitation.** If I cannot find someone to go with me, I will meet my ex-partner in a public place similar to a fast-food store or Wal-Mart. I will be careful when leaving to make sure my ex-partner is not watching me or following me.

## At Work and in Public

- I can inform my boss, the security supervisor and/or Employee Assistance Program about my situation. My workplace EAP number is \_\_\_\_\_.
- My workplace security office number is \_\_\_\_\_.
- I can ask \_\_\_\_\_ to screen my calls.
- When leaving work, I can \_\_\_\_\_.
- When traveling to and from work, I can vary my route. If there's trouble, I can \_\_\_\_\_.
- I can change my patterns - avoid stores, banks, doctor's appointments, Laundromats, and \_\_\_\_\_ places where my partner might find me.
- I can tell \_\_\_\_\_ and \_\_\_\_\_ that I am no longer with my partner and ask them to call the police if they believe my children are or I am in danger.

## With an Order of Protection

- I will keep my order of protection \_\_\_\_\_. (Always keep it on or near your person.)
- I will give copies of my order of protection to local police and communities where I visit families/friends.
- I will give copies to my employer, my religious advisor, friends, children's school/daycare and \_\_\_\_\_.
- If my partner destroys my order of protection, I can call the police and report the violation, contact my attorney, advocate, and/or advise the court of the violation. I can call the VRC for help at (315) 331-1171.

## Items to Take When Leaving

- \* Identification for myself and my children including birth certificates, social security cards, & school records
- \* Money, checkbook, bank books, ATM cards, tax returns, credit cards
- \* Medication
- \* Keys for your house, car, office, driver's license, car registration and insurance, and all other insurance papers
- \* Public Assistance ID/Medicaid cards, passports, green cards, work permits
- \* Divorce or separation papers, custody papers, lease, rental agreement or house deed
- \* Car/mortgage payment books and MY PERSONALIZED SAFETY PLAN
- \* Children's toys, security blankets, stuffed animals, sentimental items, photos

## My Emotional Health and the Emotional Health of My Children

- If I am feeling down, lonely or confused, I can call \_\_\_\_\_ or the VRC hotline at 1-866-343-8808.

- I can take care of our physical health needs by getting checkups for our family. If I don't have a doctor I can call the local hospital for a referral.
- If I have concerns about my children's health and well-being, I can call \_\_\_\_\_.
- If I have left my partner and am considering return, I will call \_\_\_\_\_ or spend time with \_\_\_\_\_ before making a decision.
- I will remind myself daily that my family deserves to live a life free from abuse.
- My best qualities are: \_\_\_\_\_.
- I can attend support groups, workshops, or classes at the VRC and call (315) 331-1171 in order to build a support system, learn skills or get information.
- I will look at how and when I drink alcohol or use other drugs and if I need help with this I can call \_\_\_\_\_.
- Other things I can do to feel stronger are: \_\_\_\_\_.

❖ *Thank you to NYSOPDV* ❖