

SAFETY PLAN

learn
look out
step up
speak out
adults
network

[safety plans] are personalized plans for reducing the impact of physical and emotional harm.

WHAT is a safety plan?

Safety plans consider how to stay safe while in an abusive relationship, what to do during a break-up, and how to stay safe after a relationship ends. You can use the following guide to lead yourself or a friend through creating a safety plan.

WHY do I need to safety plan?

Everyone deserves to be in a safe and healthy relationship. Being in an abusive relationship can put your at risk for being hurt physically and emotionally. If your partner is hurting you, it is not your fault; you cannot control the actions of anyone else, even your dating partner.

But you can think about strategies to stay safer in your relationship. A safety plan will help you think through different options and identify supportive people and systems that you can access when you need help.

HOW do I create a safety plan?

We have outlined steps to considerd in this safety planning worksheet. Follow the safety plan along, filling in the blanks. You can choose to fill in the safety plan by yourself, or involve a friend or trusted adult to help you talk through the process.

REMEMBER

Safety plans include your personal information, including names and contact information of people you trust.

Store your completed safety plan in a safe place.

If you are afraid that you might lose your safety plan, consider giving a copy to a friend or trusted adult to keep.

Consider reaching out to your local domestic violence agency for support. They can help talk you through your safety plan nsider your options.

If you need support, call REACH at 1.800.899.4000.

[1.800.899.4000] [www.reachma.org/pavenet]



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[staying emotionally safe]

My partner tries to makes me feel bad about myself by doing/saying:

When my partner does this, I will think the following positive things:

I will contact people who make me feel good, like:

I will do things I enjoy, like:

People I can contact:

Name:
Number:
Email:

Name:
Number:
Email:

Name:
Number:
Email:

In an emergency I can go:

[For a few hours]

[At school]

[At work]

[For a day]

[Overnight]

I will contact the following people:

[involving friends and family]

I can tell this friend/family member what is going on in my relationship:

I will use a code word to alert my friends/family that I need help without my abuser knowing. My code word is:

If I cannot talk to a friend/family member I can call my local domestic violence agency at:

Agency name:
Hotline number:

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[things i need]

I will keep the following items with me for safety:

- cell phone
- keys
- extra cash
- driver's license or other i.d.
- copy of restraining order

I will keep the following items in a safe place in case I need to leave:

- birth certificate
- passport
- social security card
- medicines
- clothes
- personal items

If I have children I will collect items they need and keep them in a safe place.

[staying safe when breaking up]

If I am going to break up with my abuser in person, I will go choose a public place, like:

I can ask this friend/family member to accompany me:

If I am going alone, I can call this friend/family member to let them know where I am going:

If I am concerned that my partner will be violent, I will call the police at 911, or

Local Police:

[staying safe at school and work]

The safest way for me to get to and from school and work is:

If I need to leave school/work in an emergency, the safest way to leave is:

I can ask a friend/co-worker can walk with me to/from school or work. I will ask:

If I think my partner is stalking me, I can tell this friend/family member to let them know:

If I am concerned about my safety I can talk to my:

- | | |
|---|---|
| <input type="checkbox"/> teacher | <input type="checkbox"/> boss |
| <input type="checkbox"/> guidance counselor | <input type="checkbox"/> co-worker |
| <input type="checkbox"/> principal | <input type="checkbox"/> security guard |
| <input type="checkbox"/> coach | <input type="checkbox"/> other: _____ |

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[staying safe each day]

- I will carry my cell phone and charger with me
- I will let a friend/family member know where I am/what I am doing
- If I have one, I will keep a copy of my restraining order with me
- I will avoid walking alone or in isolated places
- I will avoid locations where my abuser is likely to go
- I will keep my doors locked at home when I am by myself
- I will call a friend/family member/ domestic violence hotline if I feel alone, scared, or sad
- I will call 911 if my safety is threatened

[staying safe electronically]

- I will set online profiles to as private/secure as they can be
- I will not say/post anything online or text anything that I would not say in person
- I will not give my passwords to anyone
- I will keep track of an report any threatening, harassing emails/texts/messages
- I will not answer calls from blocked, private, or unknown numbers
- I will not friend people online that I do not know in person

[staying safe socially]

- I will ask my friends not to contact my partner
- I will ask my friends not to invite my partner to social events that I will be attending
- I will ask my friends to keep their cell phones with them when we are out
- When I go out, I will identify safe ways to leave
- If I feel uncomfortable in a social situation, I will leave
- I will ask my friends to accompany me if I feel unsafe leaving