

Safety Plan

It can be helpful to plan ahead. You may not need to answer all of these questions. Answer the questions that matter to you and revisit this list as often as you want.

Step 1: Safety during violence.

I can use these choices:

- If I decide to leave, I will _____.
- I can keep a bag ready and put it _____ so I can leave quickly.
- I can tell _____ and have them call the police when violence happens.
- I can teach my children to use the phone to call 9-1-1.
- I will use this code word _____ for my children, friends, or family to call for help.
- If I have to leave my home, I will go to _____.
- When a fight happens, I will move to a safer room such as _____.
- I can tell my children to _____.
- I will use my instincts, intuition, and judgment. I will protect myself and my children until we are out of danger.

Step 2: Safety when getting ready to leave.

I can use these plans:

- I will leave money and an extra set of keys with _____.
- I will keep important papers and keys at _____.
- I will open a savings account by this date _____ to grow my independence.
- Other things I can do to raise my independence are _____.
- The NYC domestic violence hotline is: 1-800-621-4673.
- The address for the Family Justice Center in my borough is _____.
- The shelter's hotline is _____.
- I will keep change for phone calls with me at all times.
 - I know that if I use a credit card to make a phone call, it will show up on the bill
 - I can keep this information secret by using a prepaid phone card, using a friend's phone card, calling collect, or using change.
- I will check with _____ and _____ to know who will let me stay with them or who will lend me money.
- I can leave extra clothes with _____.
- I will review my safety plan every _____ (time frame) to plan the safest route.
- I will review the plan with _____ (a friend, counselor or advocate.)
- I will rehearse the getaway plan and go over it with my children.

Step 3: Safety At Home

I can use these safety methods:

- I can change the locks on my doors and windows as soon as possible.
- I can replace wooden doors with steel doors.
- I can put in extra locks, window bars, poles to wedge against doors or electronic sensors.
- I can buy rope ladders to be used from the second floor.
- I can set up smoke detectors and buy fire extinguishers for each floor of my home.
- I can set up an outside lighting system that lights up when someone comes near my home.
- I will teach my children how to use the phone to make collect calls to me and to _____ (friend, family) if my partner tries to take them.
- I will decide who is allowed to pick up my children from childcare. My partner is not allowed to. Give a list to these people:
 - School _____
 - Day Care _____
 - Babysitter _____
 - Others _____
- I can tell these people that my partner no longer lives with me and that they should call the police if he is near my house:
 - Neighbors _____
 - Friends _____
 - Others _____

Step 4: Order of Protection

These steps will help enforce the order of protection:

- I will always keep a certified copy of the protection order with me.
- I will give a certified protection order to the police departments in the areas that I visit my friends, family, where I live, and where I work.
- I will tell my employer, my faith leader, my friends, my family and others that I have a protection order.
- If my protection order gets destroyed, I know I can go to the courthouse and get another copy.
- If my partner violates the protection order, I will call the police and report it. I will call my lawyer, my advocate, counselor, and/ or tell the courts about the violation.
- If the police do not help, I will call my advocate or my lawyer and I will file a complaint with the police.
- I can file a complaint with the police in the zone where the violation took place. A domestic violence advocate can help me do this.

Step 5: Job and Public Safety

I can do these:

- I can tell my boss, security, and _____ at work about this situation.
- I can ask _____ to help screen my phone calls.
- When leaving work I can do this: _____.
- When I am driving home from work and problems come up, I can _____.
- If I use public transit, I can _____.
- I will shop at different grocery stores and shopping malls at different hours than I did when I was with my partner.
- I will use a different bank and bank at different hours than I did when I was with my partner.
- I can also do: _____.

Step 7: Emotional Health

I can do these:

- If I feel depressed or if I think I want to go back to my violent partner, I can do _____ or I can call _____.
- When I have to talk to my partner in person or on the phone, I can _____.
- I will use "I can..." statements and I will be assertive with people.
- I can tell myself " _____ " when I feel people are trying to control or abuse me.
- I can call these people and/ or places for support _____.
- Things I can do to make me feel stronger are: _____.