

# Your Domestic Violence Safety Plan

1. **Move to a room with easy access to an exit. Don't go to the kitchen, bathroom or near possible weapons.**
2. **Know the quickest route out of your home. Practice escaping that way.**
3. **Know the quickest route out of your workplace. Practice escaping that way. Domestic Violence does not just occur in your home.**
4. **Pack a bag and have it ready. Keep it hidden but make it easy to grab quickly.**
5. **Tell your neighbors about your abuse and ask them to call the police when they hear a disturbance.**
6. **Have a code word to use with your kids, family and friends. They will know to call the police and get you help.**
7. **Know where you are going to go, if you ever have to leave.**
8. **Use your instincts.**
9. **You have the right to protect yourself and your kids.**

Remember there is always someone who can help you. You are never alone.

## **Personalized Safety Plan**

This information was generalized from a plan found at Metro Nashville Police Department. Below is a seven step safety plan. Please take the time to print this and fill it out with a friend, family member or a woman in need. Even if you feel you will never need this information...

### **Step 1. Safety during violence.**

#### **I can use the following options:**

- a. If I decide to leave, I will \_\_\_\_\_ (See Your Safety Plan).
- b. I can keep a bag ready and put it \_\_\_\_\_ so I can leave quickly.
- c. I can tell \_\_\_\_\_ about the violence and have them call the police when violence erupts.
- d. I can teach my children to use the telephone to call the police and the fire department.
- e. I will use this word code \_\_\_\_\_ for my children, friends, or family to call for help.
- f. If I have to leave my home, I will go \_\_\_\_\_.(Be prepared even if you think you will never have to leave.)

g. I can teach these strategies to my children.

h. When an argument erupts, I will move to a safer room such as \_\_\_\_\_.  
See Your Safety Plan.

i. I will use my instincts, intuition, and judgement. I will protect myself and my children until we are out of danger.

## Step 2. Safety when getting ready to leave.

### I can use the following strategies:

a. I will leave money and an extra set of keys with \_\_\_\_\_.

b. I will keep important documents and keys at \_\_\_\_\_.

c. I will open a savings account by this date \_\_\_\_\_ to increase my independence.

d. Other things I can do to increase my independence are: \_\_\_\_\_  
\_\_\_\_\_.

e. The domestic violence hotline is \_\_\_\_\_.

f. The shelter's hotline is \_\_\_\_\_.

g. I will keep change for phone calls with me at **ALL** times. I know that if I use a telephone credit card, that the following month the telephone bill will tell the batterer who I called after I left. I will keep this information confidential by using a prepaid phone card, using a friend's telephone card, calling collect, or using change.

h. I will check with \_\_\_\_\_ and \_\_\_\_\_ to know who will let me stay with them or who will lend me money.

i. I can leave extra clothes with \_\_\_\_\_.

j. I will review my safety plan every \_\_\_\_\_ (time frame) in order to plan the safest route. I will review the plan with \_\_\_\_\_ (a friend, counselor or advocate.)

k. I will rehearse the escape plan and practice it with my children.

## Step 3. Safety At Home

### I can use the following safety methods:

a. I can change the locks on my doors and windows as soon as possible.

b. I can replace wooden doors with steel doors.

- c. I can install security systems- i.e. additional locks, window bars, poles to wedge against doors, electronic sensors, etc.
- d. I can purchase rope ladders to be used for escape routes from the second floor.
- e. I can install smoke detectors and buy fire extinguishers for each floor of my home.
- f. I can install an outside lighting system that lights up when someone approaches my home.
- g. I will teach my children how to use the phone to make collect calls to me and to \_\_\_\_\_ (friend, family, minister) if my partner tried to take them.

h. I will tell the people who care for my children, who has permission to pick up my children. My partner is NOT allowed to. Inform the following people:

- School \_\_\_\_\_
- Day Care \_\_\_\_\_
- Babysitter \_\_\_\_\_
- Sunday School \_\_\_\_\_
- Teacher \_\_\_\_\_
- And \_\_\_\_\_
- Others \_\_\_\_\_

i. I can tell me the following people that my partner no longer lives with me and that they should call the police if he is near my residence:

- Neighbors \_\_\_\_\_
- Church Leaders \_\_\_\_\_
- Friends \_\_\_\_\_
- Others \_\_\_\_\_

**Step 4. Order of Protection**

**The following steps will help enforce the order of protection:**

- a. I will keep the protection order \_\_\_\_\_ (the location). Always keep it with you.
- b. I will give my protection order to police departments in the areas that I visit my friends, family, where I live, and where I work.
- c. If I visit other counties, I will register my protection order with those counties.
- d. I can call the local domestic violence agency if I am not sure how to register my protection order with the police departments.
- e. I will tell my employer, my church leader, my friends, my family and others that I have a protection order.

- f.** If my protection order gets destroyed, I know I can go to the County Courthouse and get another copy.
- g.** 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.
- h.** If the police do not help, I will call my advocate or my attorney AND I will file a complaint with the Chief of the Police Department.
- i.** I can file a private criminal complaint with the district judge in the jurisdiction that the violation took place or with the District Attorney. A domestic violence advocate will help me do this.

### **Step 5. Job and Public Safety**

#### **I can do the following:**

- a.** I can tell my boss, security, and \_\_\_\_\_ at work about this situation.
- b.** I can ask \_\_\_\_\_ to help screen my phone calls.

**c.** When leaving work I can do the following:

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**d.** When I am driving home from work and problems arise, I can \_\_\_\_\_

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**e.** If I use public transportation, I can \_\_\_\_\_

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**f.** I will shop at different grocery stores and shopping malls at different hours than I did when I was with my partner.

**g.** I will use a different bank and bank at different hours than I did when I was with my partner.

**h.** I can also do the following: \_\_\_\_\_

**Step 6. Drug and Alcohol Use.**

**I can enhance my safety if I do the following:**

**a.** If I am going to use, I am going to do it in a safe place with people who understand the risk of violence and who are committed to my safety.

**b.** I can also \_\_\_\_\_

**c.** If my partner is using, I can \_\_\_\_\_

**d.** I can also \_\_\_\_\_

**e.** To protect my children, I can \_\_\_\_\_  
\_\_\_\_\_

**Step 7. Emotional Health**

**I can do the following:**

**a.** If I feel depressed and ready to return to a potentially violent situation/ partner, I can \_\_\_\_\_  
I can call \_\_\_\_\_

**b.** When I have to talk to my partner in person or on the phone, I can \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**c.** I will use "I can..." statements and I will be assertive with people.

**d.** I can tell myself " \_\_\_\_\_ " \_\_\_\_\_  
when I feel people are trying to control or abuse me.

**e.** I can call the following people and/ or places for support: \_\_\_\_\_  
\_\_\_\_\_

**f.** Things I can do to make me feel stronger are: \_\_\_\_\_  
\_\_\_\_\_