

My Safety Plan

If you're in an abusive situation and are not able or ready to leave, it's important to think about how to keep yourself safe. If you do want to leave you must plan your escape well. Filling out this safety plan can help you feel safe whether you're staying in your current situation or getting ready to leave. Be sure to review you safety plan frequently with someone you trust.

I will tell (name): _____ and (name): _____
about the abuse and ask them to help me if I use the code word or phrase:

I will buy a small address book and carry it with me at all times. I will list the following people, agencies, hotlines, or other services:

1. _____
2. _____
3. _____

I will use this excuse when I'm able or ready to leave the situation:

I will leave before I think a situation will get violent. I usually know things are getting violent when:

My abuser may try to persuade me not to leave

by: _____

I can get around this

by: _____

If I decide to leave, I will go to either of the following places that are unknown to my abuser:

1. _____
2. _____

I will keep the following items in a bag that is ready to go (check those that apply):

- | | |
|--|---------------------------------------|
| Keys | Insurance papers |
| Check book /cash | Certificate of Indian Blood |
| Address book | Prescriptions/medicines |
| Spare clothes for myself and the kids | Phone card |
| School records | Personal items |
| Driver's license or other identification | Comfort items for myself and the kids |
| Social security card | Children's Birth certificates |
| Restraining/protection orders | Custody orders |
| Rent papers | Formula/bottle |
| Current unpaid bills | |

Other items :

If I leave, I will bring this bag as well as:

with me.

I will leave spare items, supplies, copies of important papers, and:

with (name): _____ in case I am unable to get my bag before leaving.

I will review my safety plan on (date): _____

with (name): _____