



PLUMAS RURAL SERVICES

Serving People, Strengthening Families, Building Communities

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PERSONALIZED SAFETY PLAN

Name: _____ Date: _____

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself and my children to safety.

STEP 1: Safety during a violence incident. *Men/women cannot always avoid violent incidents. In order to increase safety, abused men/women may use a variety of strategies.*

I can use some of the following strategies:

- A. If I decide to leave, I will _____
(Practice how to get out safely. What door, windows, elevators, stairwells, or fire escapes would you use?)
- B. I can keep my purse and car keys ready and put them *(location)* _____ in order to leave quickly.
- C. I can tell _____ about the violence and request that she/he call the police if they hear suspicious noises coming from my house.
- D. I can teach my children how to use the telephone to contact the police, the fire department, and 911.
- E. I will use _____ as my code with my children or friends so they can call for help.
- F. If I have to leave my home, I will go to _____.
- G. If I cannot go to the location above, then I can go to _____.
- H. I can also teach some of these strategies to some or all of my children.
- I. When I expect we're going to have an argument, I'll try to move to a low risk place, such as _____
(Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)
- J. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

STEP 2: Safety when preparing to leave. *Abused men/women frequently leave the residence they share with the abusive partner. Leaving must be done with a careful plan in order to increase safety. Abusers often strike back when they believe that their partner is leaving a relationship.*

I can use some or all of the following strategies:

- A. I will leave money and an extra set of keys with _____ so I can leave quickly.
- B. I will keep copies of important documents or keys at _____.
- C. I will open a savings account by _____, to increase my independence.
- D. Other things I can do to increase my independence, include: _____
- E. I understand that if I use my cell, the following month's phone bill will show the numbers I called after I left. To keep my phone communications confidential, I must purchase a prepaid phone using cash, or I might ask to use a friend's phone for a limited time when I first leave.
- F. I will check with _____ and _____ to see who would be able to let me stay with them or lend me some money.
- G. I can leave extra clothes or money with _____.

- H. I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence. _____ (*domestic violence advocate or friend's name*) has agreed to help me review this plan.
- I. I will rehearse my escape plan and, as appropriate, practice it with my children.

STEP 3: Safety in my own residence. *There are many things that an individual can do to increase their safety in his/her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.*

Safety measures I can use:

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steel/metal doors.
- C. I can install security systems, including additional locks, window bars, poles to wedge against doors, or an electronic system.
- D. I can purchase rope ladders to be used for escape from second floor windows.
- E. I can install smoke detectors and fire extinguishers for each floor of my house/apartment.
- F. I can install an outside lighting system that activates when a person is close to the house.
- G. I will teach my children how to call to me and/or _____ (*friend, neighbor, family.*) in the event that my partner takes them.
- H. I will tell the people who take care of my children who has permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:
 - _____ (*School*)
 - _____ (*Babysitter/Daycare Provider*)
 - _____ (*Teacher/Teachers*)
 - _____ (*Church/Sunday School Teacher*)
 - _____ (*Other People and Groups*)
- I. I can inform _____ (*neighbor*) and _____ (*friend*) that my partner no longer resides with me and that they should call law enforcement if he/she is observed at or near my residence.

STEP 4: Safety with an Order of Protection. *Many abusers obey protection orders, but one can never be sure which violent partner will obey and which will violate protective orders. I recognize that I may need to ask law enforcement and the courts to enforce my protective order.*

The following are some steps I can take to help the enforcement of my protection order:

- A. I will keep my protection order _____ (*location*). *Always keep it on or near your person. If you change purses, that's the first thing that should go into the new purse.*
- B. I will give my protection order to law enforcement departments in the community where I work, in those communities where I visit friends or family, and in the community where I live.
- C. *There should be county and state registries of protection orders that all law enforcement departments can call to confirm a protection order.* I can check to make sure that my order is on the registry. The telephone numbers for the county and state registries of protection orders are: _____ (*county*) and _____ (*state*).
- D. I will inform my employer; my minister, rabbi, etc.; my closest friend; and _____ that I have a protection order in effect.
- E. If my partner destroys my protection order, I can get another copy from the county clerk's office or my advocate.
- F. If law enforcement does not help, I can contact an advocate or an attorney and file a complaint with the DA or Sheriff.
- G. If my partner violates the protection order, I can call 911 or law enforcement and report the violation.

STEP 5: Safety on the job and in public. *Each abused person must decide if and when he/she will tell others their partner has been abusive and may be a continued risk. Caution should be used in determining which friends, family, and co-workers can help.*

I might do any or all of the following:

- A. I can inform my boss, the security supervisor, and _____ at work.
- B. I can ask _____ to help screen my telephone calls at work.
- C. When leaving work, I can _____.
- D. If I have a problem while driving home, I can _____.

- E. If I use public transit, I can _____.
- F. I will shop at different grocery and retail stores, and change times when residing with abusive partner.
- G. I can use a different bank and bank at hours that are different from those I kept when residing with my abusive partner.

STEP 6: Safety and drug or alcohol use. *The legal outcomes of using illegal drugs can be very hard on abused persons, may hurt their relationship with children, and can put them at a disadvantage in other legal actions with his/her abusive partner. Men/women should carefully consider the potential cost of the use of illegal drugs and also be aware that a person's awareness and ability to act quickly to protect him/herself from their abusive partner can be greatly reduced. Alcohol or other drug use by the abuser may give him/her an excuse to use violence.*

If drug or alcohol use has occurred in my relationship with my abusive partner, I can enhance my safety by some or all of the following:

- A. If my partner is using, I can _____ and/or _____.
- B. To safeguard my children I might _____.
- C. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.

STEP 7: Safety and my emotional health. *The experience of being battered and verbally degraded by a partner is usually exhausting and emotionally draining. The process of building a new life takes much courage and incredible energy.*

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

- A. If I feel down and am returning to a potentially abusive situation, I can _____.
- B. When I have to communicate with my partner in person or by telephone, I can _____.
- C. I will try to use "I can ..." statements with myself and be assertive with others.
- D. I can tell myself, " _____ " when I feel others are trying to control or abuse me.
- E. I can read/watch _____ to help me feel stronger.
- F. I can call _____ and _____ for support.
- G. I can attend workshops and support groups at the domestic violence program or _____ to gain support and strengthen relationships.
- H. I can listen to and/or watch podcasts and videos to gain understanding, encouragement, and motivation.
- I. If I am feeling like self-harming or have increased thoughts of suicide, I will do the following:
 1. Check for warning signs that may be developing with:
 - Thoughts: _____
 - Images I see: _____
 - Change in mood: _____
 - My situation: _____
 - My behaviors: _____
 2. Use Internal Coping Skills to take my mind off my situation (relaxation technique, breathing exercise, physical activity):
 - (1) _____
 - (2) _____
 - (3) _____
 3. Use distractions, such as people and places:
 - (1) _____
 - (2) _____
 - (3) _____
 4. Ask someone for help: _____
 5. Contact Professionals or agencies: _____
 6. Go somewhere I feel safe: _____

STEP 9: Items to take when leaving. *When individuals leave abusive partners it is important to take certain items. Beyond this, give an extra copy of papers and an extra set of clothing to a friend just in case you have to leave quickly.*

Money: Even if I never worked, I can take money from jointly held savings and checking accounts. If I do not take this money, he/she can legally take the money and close the accounts.

The items listed below should be placed in one location, so that if you have to leave in a hurry, you can grab them quickly. **Items with asterisks (*) are the most important to take with you.** If there is time, the other items might be taken, or stored outside the home.

- | | |
|---|--|
| <ul style="list-style-type: none">* Identification for myself* Children’s birth certificates* My birth certificate* Social Security cards* School and vaccination records* Cash* Checkbook, ATM card
<ul style="list-style-type: none">• Passport(s), divorce papers• Address book• Children’s favorite toys and/or blankets• Medical records – for all family members | <ul style="list-style-type: none">* Credit cards* Keys – house, car, office* Driver’s license and registration* Medications* Copy of protection order* Welfare identification, work permits, green cards
<ul style="list-style-type: none">• Pictures, jewelry• Lease / rental agreement, house deed, mortgage payment book• Items of special sentimental value• Bank books, insurance papers |
|---|--|

Telephone numbers I need to know:

Police / sheriff’s department (local) – 911 or _____

District Attorney’s office _____

Domestic Violence program (local) _____

24 Hour Crisis Line: 1-877-757-0029

National Domestic Violence Hotline: 800-799-SAFE (7233) 800-787-3224 (TTY) www.thehotline.org

National Suicide Lifeline: 1-800-273-8255 <https://suicidepreventionlifeline.org>

County registry of protection orders _____

State registry of protection orders _____

Work number _____

Supervisor’s home number _____

I will keep this document in a safe place and out of reach of my potential attacker.

Review Date: _____