

SAFETY PLAN

Name: _____ Date: _____

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

Step 1: Safety during a violent incident. People cannot always avoid violent incidents. To increase safety, abused people may use a variety of strategies.

I can use some or all the following strategies:

- A. If I decide to leave, I will _____. (Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)

- B. I can keep my purse and car keys ready and put them (place) _____ to leave quickly.

- C. I can tell _____ about the violence and request they 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 and the fire department.

- E. I will use _____ as my code for my children or my friends so they can call for help.

- F. If I must leave my home, I will go _____ (Decide this even if you don't think there will be a next time). If I cannot go to the location above, then I can go to _____ or _____.

- G. I can also teach some of these strategies to some/all my children.

- H. When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as _____. (Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to an outside door).

- I. I will use my judgment and intuition. If the situation is very serious, I can give my partner what they want to calm them down. I must protect myself until I/we are out of danger.

Step 2: Safety when preparing to leave. People frequently leave the residence they share with the abusive partner. Leaving must be done with a careful plan in order to increase safety. Partners who are abusive often strike back when they believe that a partner is leaving the relationship.

I can use some or all the following safety strategies:

- A. I will leave money and an extra set of keys with _____ so that 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. In Randolph County I can seek shelter by calling the emergency domestic violence shelter. Their # is (336) 629-4159 for Asheboro and (336)434-5579 for Archdale.
- 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 with _____.
- H. I will sit down and review my safety plan every _____ to plan the safest way to leave the residence. _____ (domestic violence advocate or friend) has agreed to help me review this plan. 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 people can do to increase their safety in their 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 include:

- 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, an electronic system, etc.
- D. I can purchase rope ladders to be used for escape from second floor windows.
- E. I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.
- F. I can install an outside lighting system that lights up when a person is coming close to my house.
- G. I will teach my children how to use the telephone to call me and to call _____ (friend/minister/ other) in the event that my partner takes the children.
- H. I will tell 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),
 - _____ (day care staff),
 - _____ (babysitter),
 - _____ (Sunday school teacher),
 - _____ (teacher),
 - _____ (others)
- I. I can inform:
 - _____ (neighbors),
 - _____ (friends), and,
 - _____ (others) that my partner no longer resides with me and they should call the police if my partner is observed near my residence.

Step 4: Safety with an Order of Protection. Many abusive partners obey protection orders, but one can never be sure which violent partner will obey and which will violate protection orders. I recognize that I may need to ask the police and the court to enforce my protection order.

The following are some steps that 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 in).
- B. I will give a copy of my protection order to police departments in the communities where I usually visit family or friends and in the community where I live.
- C. For further safety, if I often visit other counties in North Carolina, I might file my protection order with the court in those counties. I will register my protection order in the following counties: _____ and _____.
- D. I can call the local domestic violence program if I am not sure about B, C, or D above or if I have some problem with my protection order.
- E. I will inform my employer, my minister, my closest friend and _____ and _____ that I have a protection order in effect.
- F. If my partner destroys my protection order, I can get another copy from the Court Clerk's office.
- G. If my partner violates the protection order:
 - a. I can call the police and report a violation.
 - b. Contact my attorney
 - c. Call my advocate
 - d. Advise the court of the violation.
- H. If the police do not help:
 - a. I can contact my advocate
 - b. I can contact my attorney
 - c. I can file a complaint with the chief of the police department.
- I. I can also file a private criminal complaint with the district justice in the jurisdiction where the violation occurred or with the district attorney. I can charge my partner with a violation of the Order of Protection and all the crimes that they commit in violating the order. I can call a domestic violence advocate to help me with this.

Step 5: Safety on the job and in public. Each abused person must decide if and when they will tell others that their partner has abused them and that they may be at continued risk. Friends, family, and co-workers can help to protect you. Each woman/man should consider carefully which people to invite to help secure their safety.

I might do any or all of the following:

- A. I can inform my boss, the security supervisor and _____ at work of my situation.
- B. I can ask _____ to help screen my telephone calls at work.
- C. When leaving work, I can _____.
- D. When driving home, if problems occur, I can _____.
- E. If I use public transit, I can _____.
- F. I will go to different grocery stores and shopping malls to conduct my business and shop at hours that are different than those when residing with my abusive partner.
- G. I can use a different bank and take care of my banking at hours different from those I used when residing with my abusive partner.
- H. I can also _____.

Step 6: Safety and drug or alcohol use. Most people in this culture use alcohol. Many use mood-altering drugs. Much of this use is legal and some is not. The legal outcomes of using illegal drugs can be very hard on abused people, may hurt their relationship with their children and put them at a disadvantage in other legal actions with their abusive partner. Therefore, people should carefully consider the potential cost of the use of illegal drugs. But beyond this, the use of any alcohol or other drug can reduce a person's awareness and ability to act quickly to protect themselves from their abusive partner. Furthermore, the use of alcohol or other drugs by the abuser may give them an excuse to use violence. Therefore, in the context of drug or alcohol use, a person needs to make specific safety plans.

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

- A. 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.

- B. I can also _____.
- C. If my partner is using, I can _____.
- D. I might also _____.
- E. To safeguard my children, I might _____ and _____.

Step 7: *Safety and my emotional health*. The experience of being abused and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life for myself 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 ready to return 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 can try to use "I can . . ." statements with myself and to be assertive with others.
- D. I can tell myself: " _____ " whenever I feel others are trying to control or abuse me.
- E. I can read _____ to help me feel stronger.
- F. I can call _____, _____ and _____ as other resources to be of support of me.
- G. Other things I can do to help me feel stronger are _____, _____, and _____.

H. I can attend workshops and support groups at the domestic violence program or _____, or _____ to gain support and strengthen my relationship with other people.

Step 8: *Items to take when leaving.* When people leave their partners, it is important to take certain items with them. Beyond this, people sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they must leave quickly.

Money: I can research the law to determine if I can legally take 1/2 of the funds in the checking and savings accounts. These items might be placed in one location, so that if we must leave in a hurry, I can grab them quickly.

When I leave, I should have:

- Identification for myself
- Children's birth certificate(s)
- My birth certificate
- Social security cards
- School and vaccination records
- Money
- Checkbook, ATM (Automatic Tellers Machine) card
- Credit cards
- Keys - house/car/office
- Driver's license and registration
- Medication
- Welfare identification, work permits, Green card
- Passport(s), Divorce papers
- Medical records - for all family members
- Lease/rental agreement, house deed, mortgage payment book
- Bank books, Insurance papers
- Small saleable objects
- Address book
- Pictures, jewelry
- Children's favorite toys and/or blankets
- Items of special sentimental value

Telephone numbers I need to know:

- Police department _____
- District Attorney's Office _____

- Domestic Violence Program _____
- Supervisor's home number _____
- County Registers of Protective Orders _____
- Other _____

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

Review date: _____