



# SAMPLE SAFETY PLAN

**While I cannot control my partner's behavior, the following are ways for me to keep myself and my family safe during a violent incident.**

Leaving is one of the most dangerous times. Practice how to get out safely. What doors, windows, elevators, stairs, or fire escapes are available? Where will you go? Avoid kitchens, bathrooms, and rooms with access to weapons. If I decide to leave, I will:

I will keep my wallet and car keys in a safe place that I can access them quickly. That place is:

I can leave an emergency bag with important documents with a trusted family member or friend. I will leave emergency items with:

I can teach my children how to use the phone to contact 911. I can hide extra 911 phones in case I am unable to use mine.

I can tell someone about the violence, perhaps neighbors, and request that they call the police if they hear suspicious noises. I can also create a "code" (such as flashing lights) that will indicate they should contact police.

**This is not an all-encompassing list. There are many safety factors to consider when leaving. Always keep your safety plan in a location where it will not be found by your abuser. Share this plan with a trusted friend, family member, or advocate. Consider reaching out for support from a local domestic violence organization prior to leaving.**

## RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

24-Hour Help Line: 1-800-848-5991  
Español: 1-866-728-2131  
SafeEmail: GinnyP411@gmail.com



# PERSONAL SAFETY PLAN

While I cannot control my partner's behavior, the following are ways for me to keep myself and my family safe during a violent incident.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Leaving is one of the most dangerous times. Practice how to get out safely. What doors, windows, elevators, stairs, or fire escapes are available? Where will you go? Avoid kitchens, bathrooms, and rooms with access to weapons. If I decide to leave, I will:

I will keep my wallet and car keys in a safe place that I can access them quickly. That place is:

I can leave an emergency bag with important documents with a trusted family member or friend. I will leave emergency items with:

I can teach my children how to use the phone to contact 911. I can hide extra 911 phones in case I am unable to use mine.

I can tell someone about the violence, perhaps neighbors, and request that they call the police if they hear suspicious noises. I can also create a "code" (such as flashing lights) that will indicate they should contact police.

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 have to protect myself until I/we are safe.

**This is not a comprehensive list. There are many safety factors to consider when leaving. Always keep your safety plan in a location where it will not be found by your abuser. Share this plan with a trusted friend, family member, or advocate. Consider reaching out for support from a local domestic violence organization prior to leaving.**