

Personal Safety Plan

Special Note: Having a personal Safety Plan is critical for all victims of violence. Whether you are living with an abusive person, have already left your batterer, or plan to return to your batterer, it is vital that you have the information necessary to keep you safe. The following plan is designed to prepare you to protect yourself from further abuse. Although you cannot control your abuser's violence, you do have a choice about how you respond and what steps you can take to stay safe.

Safety During a Violent Incident:

1. If the argument is unavoidable, try to have it in a room or area that has access to an exit. Try to avoid bathrooms, the kitchen, garage, or anywhere near weapons. **When I feel a fight coming on, I will try to move to a place that is the lowest risk for me getting hurt such as:**

(at home)

(at work)

2. Keep your cell phone reachable or on you at all times if possible in case you need to dial 911. Even if a phone is not active, you can still dial 911 on most phones.
3. Devise a code word or phrase to use with your children, co-workers, friends, and neighbors when you need them to call the police.
My code word or phrase is: _____
4. Tell your children what to do if a violent incident occurs while they are home. (See if a neighbor will agree to let them come to their home, etc.).
5. If the situation is very dangerous, use your instincts and judgment to keep yourself safe. Call the police as soon as it is safe to do so.



Safety When Preparing to Leave:

1. Have a packed bag ready and keep it in a secret, but accessible place, either in your home or preferably with a friend, in case you have to leave quickly.

Suggestions on what to take when you leave:

- _____ Drivers License/ID card
- _____ Birth Certificate (for yourself and the children)
- _____ Marriage License/Divorce Papers
- _____ Social Security Cards (for yourself and the children)
- _____ Medicaid/Insurance Cards
- _____ Checkbook/Bank Book
- _____ Money
- _____ Order of Protection (If applicable)
- _____ Medical Records/immunization Cards (for yourself and the children)
- _____ House and Car keys
- _____ Medications (for yourself and children)
- _____ Change of Clothing (for yourself and children)
- _____ Personal Care Items
- _____ Extra phone chargers and/or headphones

2. Open a checking account/savings account in your name to establish your independence.
3. Get your own post office box. You can privately receive mail to begin your independence.
4. Decide and plan where you will go if you need to leave quickly. **If I have to leave quickly, I can go to _____.**
5. **Remember, leaving your batterer can be the most dangerous time!**

Safety with an Order of Protection

1. Keep a copy of your Protection Order with you at all times. Leave extra copies at work, at friends, in your car, etc.
2. Inform neighbors and landlord that your partner no longer lives with you and that you have a Protection Order against him. Inform them that they should call the police if they see the abuser near your home.
3. Memorize emergency numbers and program them into your phone:

911	Law Enforcement
1-800-799-7233	DV Hotline
1-800-332-4443	AR Hotline



4. Call the police if your abuser breaks the protection order. If your abuser harasses you on the phone, keep a list of days and times of calls and do not erase from the phone. Notify your local victim assistance office of any violations as well.

Safety at Work and in Public

1. Keep an Order of Protection at your job and inform your Supervisor and co-workers of the situation. Provide them with a picture of your abuser if they do not know him.
2. Arrange to have someone screen your calls if possible.
3. Have someone escort you to your car after work. Use a variety of routes to go home if possible. Vary it from day to day. **My co-worker _____ knows my situation and has agreed to walk me to my car each day.**

Safety If You Have Already Left Your Abuser

1. Inform your children's school and daycare about who has permission to pick up your children. Give them a copy of your Order of Protection.
2. Change/add locks on your doors and windows as soon as possible. If at all possible, have a security system installed in your home. Install a motion detector light in dark places outside your home.
3. Consider getting an unlisted number and blocking out all anonymous calls.
4. Don't forget your emergency numbers if they are needed:

Police/Sheriff's Office:	911 /
National DV Hotline:	1-800-799-7233
AR Hotline for local shelter:	1-800-332-4443

5. Make an effort to attend a domestic violence support group in your area. I can attend a support group for people who have been abused. **Support groups are held on _____ at the shelter at _____.**
6. Avoid banks, stores, and other places that you frequented when living with your batterer.

Safety For Your Children

1. Devise a code word or phrase to use with your children when you need them to call the police.
My code word or phrase is: _____
2. Talk to your children about how to call 911 and when it is appropriate to do so.
3. If you are separated from your abuser, explain to your children why he is no longer living with you.
4. If possible, find counseling or a children's support group for them to attend.



Sexual Assault & What You Can Do

1. A rape kit can be administered within a 72 hour period. Talk to your advocate at the local domestic violence program if you'd like a rape kit administered or have questions.
2. Plan B is available upon request. Let the Sexual Assault Advocate know if you need more information about the medication. You can also get a copper IUD as emergency contraception up to 5 days after intercourse. Let your advocate know if you'd like to make an appointment for the IUD.
3. Order of Protections are available for survivors of sexual assault.
4. Sexual Assault support groups are available on _____ at _____ am / pm at the _____.