

PERSONALIZED SAFETY PLAN

Although you may not have control over your partner's violence, you do have a choice about how to respond to him/her and how to best get yourself and your children to safety. Here are some suggestions for increasing your safety.

Safety Strategies to use Before a Violent Incident

- Create an emergency bag that includes money, clothes, important documents, and an extra set of car keys and leave it with a friend/family member or hidden space your home or at work so you can leave quickly.
- Create a code word to let your family and others know I (and my children) need help immediately.
- Teach children to call 911 for help.
- Practice the best way to leave your home by knowing what doors, windows, elevators, stairways, or fire escapes you can use in order to get out safely.
- Make arrangements to go to a family member or friend's home to escape.
- Share with a neighbor(s) you feel comfortable with about the violence and request they call the police if they hear suspicious noises coming from my home.
- Change locks from doors and windows
- Teach children how to make a collect call to you and other family members or friends in the event your abuser takes the children.
- Give people who take care of your children the names of the individuals who have permission to pick up your children and indicate your abuser is not permitted to do so. (Notify: schools, daycare, babysitter, etc.)
- Rehearse escape plan and if appropriate practice it with your children.
- Keep cell phone charged at all times and be prepared to call 911 if you encounter any problem.

Safety Strategies at Home during a Violent Incident.

- Move to a low-risk room in my home if I anticipate an argument.
- Grab my emergency bag if it is my home and leave the violent situation as soon as I can.
- Use emergency app to alert authorities of your location and obtain assistance. (Ex. Noon Light App or Circle 6)
- Seek emergency shelter within public shelter, friend or family member's home.

Safety Strategies at Work and in Public

- Inform boss, security, supervisor, and colleagues of personal situation.
- Have calls screened by a colleague.
- Take different routes when going into work.
- Use different methods of transportation whenever possible.
- Shop at different grocery stores, shopping malls, or conduct business different than your normal schedule.
- Pay attention to your surroundings at all times.