

## Personal Safety Plan:

It's not about what you did wrong,  
it's about what you can do now.

### **Planning for Safety**

Leaving an abusive relationship can be dangerous. Making a plan ahead of time may help keep you safe. This pamphlet has a sample safety plan for getting out of a relationship and suggests some things which may help with staying safe after you leave. Each domestic violence case is different. Abusers are not predictable. Safety plans should be made with the help of a domestic violence counselor or advocate. A counselor may be reached 24 hours a day by calling 1-800-500-1119.

# 1. If you are being physically, sexually or emotionally attacked ----- You are not alone.

Domestic violence is crime. It is against the law. If you have been hit, pushed, grabbed, punched, held, or attacked in any other unwanted way by your life partner, spouse, boyfriend or girlfriend, someone you have a child with, someone you have lived with or a family member you are a victim of domestic violence. If you have been forced to do something sexual that you didn't want to do or if you have been kept from food or medicine or a doctor's care, you are a victim of domestic violence. It is not your fault. The abuser is responsible. There is someone who will listen and support you and your decisions. There are steps you can take to help end the abuse.

*Some actions you may want to consider :*

- Call the police in an emergency or to file a report about the violence.
- Call the hotline to talk, get information or ideas, find a shelter, or make a safety or escape plan
- Have the abuser ordered to stay away from you by getting an Injunction for Protection.
- See a doctor for injuries (and consider having him/her write down what caused the injuries).
- Talk to a friend, family member, neighbor or someone else for support or to ask for help.

## 2. How to Use This Safety Plan

- Keep it in a safe place. (At work, a friend's etc.)
- Read it carefully, then call a domestic violence hotline (1-800-1119) and ask a counselor to help you make a plan.  
Everyone is different and your plan should cover your personal situation.
- Put your important phone numbers together and they will be handy if you leave or need them in an emergency.
- Check-off items which will apply to your situation. See what will help you the most, and concentrate on those.
- Up-date it often. Review it with a supporter or hotline counselor.
- Share your plan *only* with those who will absolutely support you. Consider *NOT* sharing it with anyone who may tell or "let it slip" to the abuser or his supporters.

## 3. Tips to Increase Safety While Still at Home

Place a 4 beside all you will do. Only place a 4 beside "Done" after you have done everything needed to make that item work. Example: If you say you will use a cellphone, place a 4 after you get it and it is working.

<u>Will Do</u>	<u>Done</u>
___ Plan and practice an escape for emergencies.	
(Put a 4 after you have made the plan)	
___ home ___ work ___ place of worship ___ school ___ recreation	___
___ Go over it with a counselor or advocate.	
___ Teach children what to do in an emergency.	
___ how to escape ___ where to go ___ how to use phone ___ who to call	___
___ Keep payphone change in a safe place for self/children.	
Where? _____	___
___ Use portable or cellular phones, if possible.	___
___ Use noise-makers (whistle, personal alarm etc.) to get help.	___
___ Ask neighbors to listen, watch and call police about suspicious	
people or activities.	___
___ Let someone know if you feel violence is close.	___
___ When violence does seem close, avoid the kitchen, bathroom,	___
and rooms without doors to the outside.	___
___ Begin action on safety plan at any sign of trouble.	___

4. **“Escape Bag”**: a bag, box or suitcase filled with things you will need if you leave. It is kept in a safe place away from home, if possible. The escape bag is a secret from the abuser or anyone who could tell him you are leaving. Place **“originals”** in the bag except for the items you must have with you or things you can’t take without the abuser noticing.

[Place an “x” by items you have stored or can replace easily]

<u>Will need</u>	_____	<u>Done</u>
_____ Identification or driver’s license.		_____
_____ Passports, greencards, work permits	_____	_____
_____ Birth certificates on self and children		_____
_____ Social Security Cards for everyone		_____
_____ Extra car, house, storage or other keys.		_____
_____ Checkbook, ATM card		_____
_____ Medicine and prescriptions (extra)		_____
_____ Credit cards, bank books etc.		_____
_____ Address book/ phone numbers		_____
_____ Food Stamps, AFDC Card, Medicaid Cards		_____
_____ Car registration		_____
_____ Car, health and life insurance papers		_____
_____ School and medical records		_____
_____ Divorce, custody, or injunction papers		_____
_____ Proof of income for partner (check stub)		_____
_____ Pre-paid long distance card		_____
_____ Home calling card (calls can be traced)		_____
_____ Copies of bills you owe with your partner		_____
_____ Changes of clothes for everyone		_____
_____ Personal Hygiene products (tampons, toothbrushes, deoderant etc)		_____
_____ Diapers, formula, toys, blankets		_____
_____ Pictures, jewelry, keepsakes		_____
_____ Picture of abuser (I.D. to serve court papers)		_____

## 5. More Tips for Safety:

[ Use tips from above in addition to the following]

<u>Will Consider</u>	<u>Have Done</u>
___ Remember: the danger may get worse during an escape or after leaving a violent relationship.	___
___ Have a safety plan for as long as there is communication with/from the abuser --- and longer. Review it with a counselor often.	___
___ If you move, put the rent, phone ,and utilities in someone else's name	___
___ Make sure all locks (doors and windows) and lights (inside and out) work properly.	___
___ Install door, window and smoke alarms, metal doors etc.	___
___ Get unlisted phone number (Change old number, if necessary).	___
___ Get an Injunction for Protection ( call 1-800-500-1119 for information).	___
___ Keep injunction copies at home,work,in purse.	___
___ Use another person to deliver and pick up children if a judge orders visitation.	___
___ Use a post office box instead of a street address. Check it during busy hours.	___
___ Report suspicious things to police, file violations of the injunction , as necessary.	___
___ Keep copy of injunction, custody orders etc. at school.	___
___ Make special arrangements to pick-up of children from school.	___
___ Ask school to call about any unusual contact by abuser.	___
___ Make same arrangements with childcare/babysitters.	___
___ Have mail sent to the domestic violence center to be forwarded or to another safe place. Do not file change of address card with post office (it is not private).	___

## Special Telephone Services

**There are many services offered by some telephone companies that can help domestic violence victims and survivors. These can also be used by abusers. Some of these services have been used, by abusers, to find victims who are hiding or to harrass, stalk or threaten abuse. The services are usually offered for monthly charges. Some of the services include:**

- Operator Assistance** - Operators can dial police and other emergency numbers if you cannot do it or do not know the number. If you do not have some of the services listed below, operators in your area can advise you who to contact to get information or assistance.
- Voice Mail** - allows you to have a phone number and get messages without answering the phone. No one has to know it's just voice mail.
- Caller I.D.** - allows you to know what number is calling your phone (or called while you were out). If you do not know the calling number, you do not have to answer. NOTE: Caller I.D. may be used by abusers to track calls to them. This service requires a customer to buy an electronic box to plug into the phone.
- Call tracing**- (\*57, 1157 on a rotary phone ) verifies to the police the last call (not long distance) into your number.
- Last number re-dial** (\*69, 1169 on a rotary phone) will call the phone number of your last in-coming call.
- NOTE:** If you make collect calls or have calls billed to another number, the phone number you call *from* will show on the bill of the one who accepts the charges.
- You can buy a prepaid calling card from many drug stores and department stores. This will not have a bill.

## 6. Preparing at Work:

It is important for survivors of domestic violence to be alert and prepared for possible contacts **by the abuser during a work day. A safety plan for work may help you if the abuser calls or shows up.**

<u>WILL DO</u>	(check all that apply)	<u>DONE</u>
<input type="checkbox"/> Tell co-worker/boss about my situation		<input type="checkbox"/>
<input type="checkbox"/> Ask the person(s) to call police in an emergency		<input type="checkbox"/>
<input type="checkbox"/> Have a back up person if the first one is not at work or not nearby.		<input type="checkbox"/>
<input type="checkbox"/> Ask someone to screen my calls		<input type="checkbox"/>
<input type="checkbox"/> Ask someone to watch-out for me		<input type="checkbox"/>
<input type="checkbox"/> Plan my entry and exit each day		<input type="checkbox"/>
<input type="checkbox"/> Keep a copy of my injunction at work		<input type="checkbox"/>
<input type="checkbox"/> Let others know about the injunction		<input type="checkbox"/>
<input type="checkbox"/> Request office or desk to be moved		<input type="checkbox"/>
<input type="checkbox"/> Ask for employee assistance program		<input type="checkbox"/>
<input type="checkbox"/> Plan an escape route		<input type="checkbox"/>
<input type="checkbox"/> Have a signal for help (whistle/alarm)		<input type="checkbox"/>
<input type="checkbox"/> Find a room with a phone and lock to use in an emergency.		<input type="checkbox"/>

## 7. If you live in a rural area:

Because of small population, family ties and social closeness, it can be hard for survivors in rural areas to get help. Many people who live in rural areas cannot leave their home without being noticed or stopped (even for social conversation). When shelters and services are located in larger cities survivors must travel there to receive help. Staying *or returning* to a rural area can be safe for many, but domestic violence centers (Phone 1-800-500-1119) can help you decide and plan.

**Would you/could you . . .** (check all "yes" answers)

### Will consider

### Arranged When Needed

- |   |                          |
|---|--------------------------|
| <input type="checkbox"/> Going to a shelter in another town/county.<br>(Call toll free to 1-800-500-1119 for nearest shelter) | <input type="checkbox"/> |
| <input type="checkbox"/> Whether it is safe to stay with friends/family local or out of town                                  | <input type="checkbox"/> |
| <input type="checkbox"/> Making a special escape plan because it takes police too long to get here.                           | <input type="checkbox"/> |
| <input type="checkbox"/> Making special escape plans because of travel/time problems?   | <input type="checkbox"/> |
| <input type="checkbox"/> If the family car/truck can be taken without being seen or stopped?                                  | <input type="checkbox"/> |
| <input type="checkbox"/> Getting a ride from a trusted friend or family member.   | <input type="checkbox"/> |
| <input type="checkbox"/> Getting transportation from the county or health department van?                                     | <input type="checkbox"/> |
| <input type="checkbox"/> Keeping an escape bag at church, with a friend, at health department, etc.                           | <input type="checkbox"/> |
| <input type="checkbox"/> If leaving and getting away safely can be done without someone alerting the abuser?                  | <input type="checkbox"/> |

## 8. Preparing for Feelings.

Leaving a relationship, even an abusive one, is very difficult. It is important to know that you may feel sad lonely or guilty. Having friends and others to talk to can make a difference.

### Please consider:

- Calling 1-800-500-1119 when you feel lonely or upset.
- Joining a church, synogogue, temple or mosque, if appropriate.
- Taking classes, going to workshops or seminars.
- Getting involved with the children's activities.
- Volunteering --- call the United Way!

### Places to Call for Support [List phone numbers for your area]

Domestic violence center 1-800-500-1119 or local # \_\_\_\_\_  
Sexual Violence Counselor or Center \_\_\_\_\_  
AlAnon or A.A. \_\_\_\_\_  
Church groups \_\_\_\_\_  
Social clubs \_\_\_\_\_

School \_\_\_\_\_ groups

\_\_\_\_\_

**People to Call for Support** [ Enter number for

anyone you can call]

Family member(s) \_\_\_\_\_

Friend(s) \_\_\_\_\_

Co-worker(s) \_\_\_\_\_

Neighbor(s) \_\_\_\_\_

Church \_\_\_\_\_

Others \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Other Important Numbers** [ Enter each number you may need]

Doctor's Office \_\_\_\_\_

County transportation \_\_\_\_\_

Medical Transportation \_\_\_\_\_

Taxi \_\_\_\_\_

Greyhound/Trailways Bus \_\_\_\_\_

Child's School(s) \_\_\_\_\_

Lawyer \_\_\_\_\_

Public Assistance \_\_\_\_\_

Food Stamps \_\_\_\_\_

**For Assistance**

Florida Domestic Violence Toll Free Hotline 1-800-500-1119

Call here for confidential counseling, shelter, safety planning.

Child Support Assistance 1-800-622-KIDS

Florida HIV/AIDS Hotline 1-800-FLA AIDS

Spanish 1-800-545-SIDA

Creole 1-800-AIDS 101

State Abuse Registry 1-800-962-2873

Call here to report child abuse, elderly abuse, abuse to the disabled.

**Important Numbers for Personal**

Use [Enter all that apply]

Police or Sheriff

911 (if available)

( local number) \_\_\_\_\_

Police Advocate \_\_\_\_\_

Assisting Officer or Deputy \_\_\_\_\_

State Attorney Advocate \_\_\_\_\_

Injunction Counselor \_\_\_\_\_

Domestic Violence Counselor \_\_\_\_\_

**To Assist in Dealing with the Abuser**

[Enter all information known on the abuser]

Address or someone who can reach him/her \_\_\_\_\_ Phone \_\_\_\_\_

Social Security Number \_\_\_\_\_

Employer \_\_\_\_\_ Phone \_\_\_\_\_

Lawyer \_\_\_\_\_ Phone \_\_\_\_\_

Car Make \_\_\_\_\_ Model \_\_\_\_\_ Year \_\_\_\_\_ Color \_\_\_\_\_ Tag Number \_\_\_\_\_

If you know someone being abused -----Do not look the other way

- Let them know you are concerned about them.
- Offer to listen and not to be judgmental.
- Respect their choices, but encourage talking with professionals about safety issues.
- Offer as much help as you can, but do not take risks with your own safety.  
Examples: childcare, transportation, a place to stay, a job, lending money etc.
- Give them a copy of this safety plan.

***Please consider keeping this safety plan and other information in a safe location. If you are in a situation which requires you to escape, it is important to keep that information private.***

## Safety Plan Supplement: HIV Exposure Avoidance

Do I need an HIV Exposure Avoidance Safety Plan?

To determine this, see how many “yes” answers apply to you.

- My partner insists or forces sex without condoms, although there is a chance that he/she may have had sex with someone else.
- My partner refuses to have an HIV test (or to discuss it.)
- My partner has sex with other people.
- I know or suspect that my partner is having sex with men.
- Sometimes my partner forces sex after injuring me.
- My partner or I have had sex with prostitutes.
- I have had unprotected (non-latex condoms) anal sex.
- My partner or I have used intravenous drugs.
- I have never been tested for HIV, although I have had multiple sex partners.
- I have wondered whether I was exposed to HIV.
- I have an ex-partner who tested positive for HIV.
- I have been employed in a job considered to be in the sex industry.
- I worry about whether I may have HIV.

If you answered yes to one or more questions, you may need to have an HIV test.

### Enhancing Safety Against HIV Exposure.

High risk situations(s).

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Options that may help increase safety.

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Alternate options.

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Risks if the options do not protect me.

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Ways to respond to the risks (including the use of helpers.)

---

High risk situations(s).

---

Options that may help increase safety.

---

Alternate options.

---

Risks if the options do not protect me.

---

Ways to respond to the risks (including the use of helpers.)

---

High risk situations(s).

---

Options that may help increase safety.

---

Alternate options.

---

Risks if the options do not protect me.

---

Ways to respond to the risks (including the use of helpers.)

---

High risk situations(s).

---

Options that may help increase safety.

---

Alternate options.

---

Risks if the options do not protect me.

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Ways to respond to the risks (including the use of helpers.)

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