



Safety Planning Checklist

After gathering information from the officer, establishing rapport with the victim, and reiterating how dangerous her/his situation is (see **Short Conversation Guide**), ask:

1. What are you most concerned about right now?

The victim's response to this question, coupled with her/his responses to the Lethality Screen, will help you and the victim *work together* to come up with a unique safety plan that factors in the victim's level of danger and specific safety concerns. **REMEMBER: The safety-plan elaborated in this brief, 10-minute phone-call should primarily focus on the victim's safety in the next 24 hours.** More intensive, longer-term safety-planning can take place at the follow-up call, and/or when the victim comes in for services.

Also ask:

2. Do you have some place safe to stay for the next 24 hours?

This question will help you tailor a safety plan for victims who would like to remain with the abuser, would like shelter, will be staying with a friend/relative, in a hotel, etc.

	Personal safety	Safety of others (children, pets, family)	Financial	Legal	Social support	Technology/privacy
<p>SAFE AND TOGETHER</p> <p>Victims who want to stay with the abuser (but might consider leaving at some point)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Prepare and safely store a bag of important items <input type="checkbox"/> Think about where you could stay for a night if you needed to (if shelter, family, or friends are not an option, think of 24-hour establishments: food, retail) <input type="checkbox"/> (After educating about cycle of violence): Identify your partner’s “triggers,” and strategies that work to diffuse tension. Employ these strategies when tensions rise. <input type="checkbox"/> Lead arguments into parts of the house with at least one escape route (a door to outside, or an easily open-able window). <input type="checkbox"/> If weapons are in the home, try to hide them (unless hiding them would further jeopardize your safety). <input type="checkbox"/> Make a habit of backing your car into your driveway, and try to always have gas. Keep an extra key to your car with you or easily accessible at all times. 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop an emergency plan with your children (teach them to call 911, stay in their room during an argument, teach them “code words,” etc.). <input type="checkbox"/> Think about a safe place for your pet to stay if need be. 	<ul style="list-style-type: none"> <input type="checkbox"/> Open a bank account in your name, and use the address of a trusted friend. <input type="checkbox"/> Save small, undetectable amounts of money as often as you can. <input type="checkbox"/> Have your workplace siphon portions of your paycheck to a separate account. 	<ul style="list-style-type: none"> <input type="checkbox"/> Explain your program’s legal services as relevant to the victim’s situation (restraining order, child custody questions, etc.). <input type="checkbox"/> Keep a journal of all violent incidents, noting dates, events, and threats made in a safe place. <input type="checkbox"/> Photograph corresponding injuries, property damage or abusive and apology e-mails/text messages. 	<ul style="list-style-type: none"> <input type="checkbox"/> Consider people (friends, relatives, pastors, co-workers, neighbors, etc.) you could tell about the abuse. <input type="checkbox"/> Join a community or faith-based social group. <input type="checkbox"/> Seek relationships that help you feel valued and supported. <input type="checkbox"/> “Rotate” friends and family so as to not “overburden.” 	<ul style="list-style-type: none"> <input type="checkbox"/> Consider picking up a 911 cell phone from the DV agency (if available). <i>Try to have a cell phone accessible at all times.</i> <input type="checkbox"/> Be aware that settings or posts to social media could allow the abuser to track your movements. <input type="checkbox"/> Use “safe” computers—ones that abusers do not have access to—for Web browsing and private communications. <input type="checkbox"/> Consider changing passcodes and security questions on computers and cell phones. <input type="checkbox"/> Ask law enforcement or a mechanic to perform a search on your vehicle to check for hidden GPS devices. <input type="checkbox"/> Turn Bluetooth and location services settings to “hidden,” or “off.”
<p>SAFE AND SEPARATE</p> <p>Victims who want to leave their abusers, or who have left and desire to limit or prohibit contact</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Consider changing your locks, keeping your windows locked, and installing a security system. <input type="checkbox"/> Change your regular travel habits. Try not to frequent the same stores/businesses you did with the abuser. <input type="checkbox"/> Consider the DV agency’s Address Confidentiality Program. 	<ul style="list-style-type: none"> <input type="checkbox"/> Same as above. <input type="checkbox"/> If the exchange of children is necessary, arrange a safe, neutral place, and bring someone trusted with you. <input type="checkbox"/> Notify your children’s school about a protective order or any special custody arrangements. 	<ul style="list-style-type: none"> <input type="checkbox"/> Consider speaking with a case manager about financial management, job/vocational training, benefits programs, crime victim’s compensation, etc. 	<ul style="list-style-type: none"> <input type="checkbox"/> If you think it would not put you in more danger, <i>strongly</i> consider getting a protective order. <input type="checkbox"/> If you have a protective order, keep it on you at all times and keep a copy with the police, at your children’s school, at your work, etc. 	<ul style="list-style-type: none"> <input type="checkbox"/> Consider individual/group counseling and case management services through the DV program. 	

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