

Safety Planning in Domestic Violence

I have the strength to protect myself from harm.

I have a choice in how I respond and how I get to safety.

*Family and friends can protect me, if they know what is happening,
and what they can do to help.*

To increase my safety, I CAN do some of the following:

- When I have to talk to my abuser in person, I CAN: _____
_____.
- When I talk to my abuser on the phone, I CAN: _____
_____.
- I CAN make a code word or sign to let my family and friends know to call for help for me.
My code word is: _____.
- I CAN tell my family, co-workers, boss or friend about my situation, I feel safe in telling:
_____.
- I CAN tell these people about the code word: _____.
- I CAN use my answering machine to screen my calls. I can ask these people to help me screen
my calls: _____.
- When I feel a fight coming on, I CAN avoid unsafe places at home:
 - Rooms with only one exit: bathrooms, bedrooms, and :
 - Any room with a weapon: kitchen, and:
- The places with the lowest risk or escape are:
 - At home: _____
 - At work: _____
 - At a public place: _____
- I CAN memorize the telephone numbers of these people who can help me:

Relative:	Police or Sheriff:
Friend:	Domestic Violence Program:
Co-Worker:	Clergy:
Counselor:	Attorney:
Public Health Nurse:	Other:
Shelter:	
- I CAN locate these places where I can use the telephone: _____
_____.
- I CAN save change and money for an emergency.
- When leaving work I can: _____.
- When walking, riding or driving home, if problems occur, I can:
_____.
- I CAN slip a safety card in all of my shoes.
- I CAN attend a support group for women who have been abused. Support groups are held at:
Address: _____
Day: _____
Time: _____

