INDIVIDUAL SAFETY PLAN

The goal of this safety plan is to prevent adult partner maltreatment during times of potential stress and conflict. If you are afraid for your safety or the safety of your children, you will:

(fill in and check the ones you will use before an emergency happens)

* Use emergency numbers
* 911 \_\_\_\_ DV Hotline 1−800−799−7233 \_\_\_\_ Local Shelter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ Friend or Relative for ride or shelter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Leave and go somewhere safe

Such as:

\_\_\_\_\_\_ (list one option) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ (list option) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ (list option) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Have emergency supplies in a safe place
* Leave a bag packed and hidden (list location) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Emergency money cash or account in your name
* Make a plan to keep the children safe.

Such as:

\_\_\_\_\_\_ Teach the kids emergency numbers and how to use them.

\_\_\_\_\_\_ Teach the kids this code word \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. When it is said, teach them to

 get shoes and go to car or other safe location such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_ Teach children to leave the conflict area and where they should go.

If you don’t want to keep this at home, fill it in and keep it at work or give it to a friend. Prepare ahead so you can follow it easily and quickly if the time comes you need to.