

My Personal Safety Plan

The following steps are my plan for increasing my safety and preparing to protect myself in case of further abuse.

Although I can't control my abuser's violence, I do have a choice about how I respond and how I get to safety. I will decide for myself if and when I will tell others that I have been abused, or that I am still at risk. Friends, family and co-workers can help protect me, if they know what is happening, and what they can do to help.

To increase my safety, I can do some or all of the following:

1. When I have to talk to my abuser in person, I can:

2. When I talk to my abuser on the phone, I can:

3. I will make up a "code word" for my family, co-workers, or friends, so they know when to call for help for me. My code word is:

4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt such as:

or (at work):

or: (at home) (in public)

5. I can tell my family, co-workers, boss, or a friend about my situation. I feel safe telling:

6. I can use an answering machine or ask my co-workers, friends or other family members to screen my calls and visitors. I have the right to not receive harassing phone calls. I can ask:

to help screen (home) (work) my phone calls.

7. When leaving work I can:

8. When walking, riding or driving home, if problems occur, I can:

9. I can attend a support group for women who have been abused.

Support groups are held:

at:

10. I can keep change for phone calls with me at all times. I can call any of the following people for assistance or support if necessary and can ask them to call the police if they see my abuser bothering me.

Friend:

Relative:

Co-worker:

Counselor:

Police/Sheriffs Department:

Probation Officer:

**Domestic Violence/
Sexual Assault Program:**

Clergy Person:

Attorney:

Other: