

SAFETY PLAN

Hotline: 816-461-HOPE (4673)

Safety plans help victims anticipate the dangers they still face. Before you attempt to leave or take any legal or financial steps to separate from your abuser, you should be aware that the danger of violence escalates when a victim attempts to leave.

AT HOME

- ☐ If I sense my abuser is about to become violent, I will go to the safest place in the house _____. I will avoid bathrooms, kitchens, basements, areas near weapons, and rooms without an outside exit.
- ☐ If the situation is serious, I can give my abuser what he/she wants in order to calm him/or her down. I have the right to protect myself until I am out of danger.
- ☐ I can keep my phone charged at all times so I can call for help if I need it. I will keep my phone _____ so I will always have access to it. (If a phone is charged, it will dial 911, even if it does not have service).
- ☐ I can teach my children how to use the telephone to contact the police and fire department. I will make sure they know our address.
- ☐ If I have a programmable phone, I can program emergency numbers and teach my children how to use the auto dial.
- ☐ I can tell _____ about the situation so that if they see or hear anything suspicious they can call the police.

SAFETY WHILE LEAVING

- ☐ I will choose a safe time to leave. I will not leave when my abuser is angry. I will wait until my abuser is _____ so he doesn't know I'm leaving until I am already gone.
- ☐ I will bring the following items with me when I leave: _____

(Keys, ID's birth certificates (self and children), social security cards, money, checkbooks, ATM and credit cards, driver's license, medication, Food Stamps or Medicaid cards, lease rental agreements, insurance papers, children's favorite toys and blankets, items with sentimental value)
- ☐ I can keep these important items _____ so I can grab them quickly.
- ☐ **I will not risk my safety for these items.** If I am unable to grab them, I will leave without them.
- ☐ I will leave money, copies of these documents, and an extra set of keys with _____ in case it isn't safe for me to return home.
- ☐ If I have to leave home, I will go to _____.
- ☐ If I cannot go to the above location, I will go _____.
- ☐ If it is not safe to talk openly, I will use _____ as the code word or signal to my children that we are going to go, or to signal my family or friends that we are coming.
- ☐ I can practice how to get out safely. What doors, windows, elevators stairwells, or fire escapes would I use: _____.

AFTER I LEAVE

- ☐ I can change the locks on my doors and windows.
- ☐ I can replace wooden doors with metal ones.
- ☐ I can install security systems, including additional locks, window bars, poles to wedge against doors, etc.
- ☐ I can buy rope ladders to be used for escape from second story windows.
- ☐ I can install smoke detectors and put fire extinguishers on each floor of my home.
- ☐ I will teach my children how to call me if they are concerned about their safety.
- ☐ I can tell people who take care of my children which people have permission to pick them up and make sure they know how to recognize those people.
- ☐ I will give the people who take care of my children copies of custody and protection orders, as well as emergency numbers.
- ☐ I can sign up for Missouri's Safe-at-Home Program to keep my address private.
- ☐ I can call my local police dept. (_____) to request an extra patrol.

AT WORK AND IN PUBLIC

- ☐ When leaving work, I can _____.
- ☐ If there is trouble when traveling to and from work, I can _____.
- ☐ I can ask _____ to screen my calls and visitors at work.
- ☐ I can provide my boss or a co-worker with this code word (_____) that will prompt them to call the police if I use it when calling in to let them know that I cannot make it in to work.
- ☐ I can change my patterns – avoid stores, banks, doctor's appointments, and _____ --any place where my partner might find me.
- ☐ I can tell _____, and _____, that I am no longer with my partner and ask them to call the police if they believe my children or I am in danger.
- ☐ If I suspect I am in imminent danger, I will go to a safe place: _____

WITH AN ORDER OF PROTECTION

- ☐ I will keep my protection order _____. (ALWAYS KEEP IT ON OR NEAR YOUR PERSON).
- ☐ I will keep extra copies of my protection order _____
- ☐ I will give copies of my order of protection to the following people: _____
(employer, religious advisor, closest friend, my children's school, and day-care center)
- ☐ If my partner violates the order, I can call the local police (_____) and report a violation, contact my attorney, call my domestic violence program advocate, and/or advise the court of the violation.
- ☐ I can call a domestic violence program if I have questions about how to enforce an order or if I have problems getting it enforced.

MY EMOTIONAL HEALTH

- ☐ If I am feeling down, lonely, or confused, I can call _____, or the domestic violence hotline **816-461-HOPE (4673)**.
- ☐ If I have left my partner and am considering returning, I will call _____, or spend time with _____, before I make a decision.
- ☐ I will remind myself daily of my best qualities. They are:
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - 6. _____

I will keep this safety plan _____ to make sure my abuser doesn't find it.