

## My Personal Safety Plan

Print this form and fill in the blanks where appropriate. Contact us if you would like assistance or advice - (209) 223-2897

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The following steps are my plan for increasing my safety and preparing to protect myself in case of further abuse. Although I cannot 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 coworkers 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, friends, or coworkers, 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 the lowest risk for getting hurt, such as**

\_\_\_\_\_ at home,

\_\_\_\_\_ at work,

\_\_\_\_\_ in public.

**5. I can tell my family, friends, coworkers or boss about my situation. I feel safe telling**

\_\_\_\_\_ (family)

\_\_\_\_\_ (friends)

\_\_\_\_\_ (coworkers)

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

I can ask \_\_\_\_\_ or \_\_\_\_\_ to help screen my phone calls.

**7. 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: \_\_\_\_\_

coworker: \_\_\_\_\_

counselor: \_\_\_\_\_

shelter: \_\_\_\_\_

other: \_\_\_\_\_

**8. When leaving work I can**

\_\_\_\_\_  
\_\_\_\_\_

**9. When walking, riding or driving home, if problems occur I can**

\_\_\_\_\_  
\_\_\_\_\_

**10. I can attend a support group for women who have been abused.** Support groups are held

Location: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**11. Telephone numbers I need to know:**

Police \_\_\_\_\_

Sheriff's Dept. \_\_\_\_\_

Probation Officer: \_\_\_\_\_

Domestic Violence Program: \_\_\_\_\_

Counselor: \_\_\_\_\_

Clergy person: \_\_\_\_\_

Attorney: \_\_\_\_\_

Other: \_\_\_\_\_