

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

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: _____