

## My Safety Plan

The following are the steps that I can take to increase my safety and 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 to get to safety.** I will decide for myself if and when I will tell others that I have been abused or that I am at risk. Friends, family and co-workers can help protect me, if they know what is happening, and what they can do to help.

### ***Improving My Safety***

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:

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2. When I talk to my abuser on the phone/computer/TTY/Videophone, I can:

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3. I will make up a "code word" for my family, co-workers, or friends. When I use this code word, **they will know that I need help.** My code word is:

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

a. At work or school: \_\_\_\_\_

b. At home: \_\_\_\_\_

c. In public: \_\_\_\_\_

### ***Reaching Out***

When and if I am ready, I can reach out to the following people:

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

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

a. To help screen (at home): \_\_\_\_\_

b. To help screen (at work or school): \_\_\_\_\_

7. I can call any of the following people for assistance or support, and can ask them to call the police if they see my abuser bothering me:

Friend: \_\_\_\_\_

Relative: \_\_\_\_\_

Co-worker: \_\_\_\_\_

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

Shelter: \_\_\_\_\_

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

8. When leaving work, I can: \_\_\_\_\_

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

\_\_\_\_\_

**Getting Support**

For both immediate and continuous support, I can contact the following:

10. I can attend a support group for people who have been abused. Support groups are held at:

\_\_\_\_\_

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

Police/Sheriff's Department: \_\_\_\_\_

Probation officer: \_\_\_\_\_

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

Sexual Assault Program: \_\_\_\_\_

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

Clergy Person: \_\_\_\_\_

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

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