

## PERSONALIZED SAFETY PLAN

Domestic Violence Crisis Hotline 765-423-1118 • Toll Free 1-888-345-1118 • Office 765-423-4486

Although you may not have control over your partner's violence, you do have a choice about how to respond to him/her and how to best get yourself and your children to safety. Here are some suggestions for increasing your safety.

### Safety Strategies to use BEFORE a Violent Incident

- I will create an emergency bag that includes money, clothes, important documents, and an extra set of car keys and leave it with a friend/family member or hidden somewhere in my home or at work so I can leave quickly.
- I will create a code word to let my family and others know I (and my children) need help immediately.
- I will teach my children to call 9-1-1 for help.
- I will practice the best way to leave my home by knowing what doors, windows, elevators, stairways, or fire escapes I can use in order to get out safely.
- I will contact the YWCA Domestic Violence Intervention and Prevention Program to learn more about their emergency services.
- I will make advance arrangements to go to a family member or friend's home to escape the violence.
- I will tell my neighbor(s) about the violence and request they call the police if they hear suspicious noises coming from my home.
- I will purchase a rope ladder to escape from a second floor window.
- I will change the locks on my doors and windows.
- I will teach my children how to use the telephone to make a collect call to me and other family members or friends in the event my abuser takes the children.
- I will give the people who take care of my children the names of the individuals who have permission to pick up my children and indicate that my abuser is not permitted to do so (notify schools, daycare, babysitter, etc.)
- I will rehearse my escape plan and, if appropriate, practice it with my children.
- I will keep my cell phone charged at all times and be prepared to call 9-1-1 if I encounter any problem.

### Safety Strategies at Home DURING a Violent Incident

- I will use my judgment and intuition. If the situation is very serious, I will give my abuser what he/she wants to calm him/her down, then call 9-1-1 as soon as possible. I have to protect myself (and my children).
- I will move to a low-risk room in my home if I anticipate an argument.
- I will get my emergency bag if it is at home and leave the violent situation as soon as I can.
- I will seek emergency shelter at the YWCA Domestic Violence Intervention and Prevention Program or at a family member or friend's home.

### Safety Strategies at WORK and in PUBLIC

- I will inform my boss, security supervisor, and colleagues of my personal situation.
- I will ask my colleagues to screen my telephone calls at work.
- When driving to or from work, I will take different routes rather than the same route all the time.
- I will use public transportation whenever possible.
- I will shop at different grocery stores and shopping malls to conduct my business and shop at hours that are different than those when I was residing with my abuser.
- I will use a different bank and take care of my banking business at hours that are different from those I used when residing with my abuser.
- I will be vigilant while driving to or from home to make sure I am not being followed.
- I will have on me at all times the telephone numbers I need to know (school, work, YWCA DVIPP, supervisor's home number, minister, etc.)