

DOMESTIC VIOLENCE PERSONALIZED SAFETY PLAN

Name _____ Date _____

The following steps represent strategies for increasing my safety and preparing in advance for the possibility of further violence. Although I don't know when my partner's violence will occur, I do know I don't know how to respond to violence and how violence can affect me and my children's safety.

STEP 1: Safety during a violent incident. If some control always could elicit violence, in order to increase safety, emotional reactions may use a variety of strategies.

I can use some of the following strategies:

- If I decide to leave, I will _____
(I will have a plan to get out safely. What does another strategy, alternative, or plan escape would you use?)
- I can keep my purse and car keys ready and put them placed _____
_____ to make it faster quickly.
- I can tell _____ about the violence and suggest that she or he avoid the police if she or he fears suspicion about coming from my house.
- I can teach my children how to use the telephone to contact the police, the fire department, and 911.
- I will use _____ as my code with my children or my friends or they can call the help.
- If I have to leave my home, I will go to _____
(provide address of your don't mind where will be a safe place.)
- I can also teach some of these strategies to some or all of my children.
- When I suspect we're going to have an argument, I'll try to remove the violence that is too bad, such as: _____, I'll try to avoid arguments in the kitchen, garage, bedroom, near weapons or in rooms where I can make it out easily.
- I will use my judgment and intuition. If the situation is very serious, I can also try to leave when I feel we're going to have another attack. I have to protect myself and them.

STEP 2: Safety when preparing to leave. Children's sense of security is more the violence that occurred the distance from home. Learning about the state with a detailed plan in order to increase safety. In addition, after a while back a few other factors such as emotional control or knowledge, relationships.

I can use some or all of the following strategies:

- I will have money and an extra set of keys with _____, so I can leave quickly.
- I will keep copies of important documents or keys at _____.
- I will open a savings account by _____, to increase my independence.
- Other things I can do to increase my independence include: _____