

# SAFETY PLAN

## WHAT IF I CAN'T GET AWAY?

This is a plan for what to do if violence happens in your home and leaving is not an option. Memorizing this plan is the safest option. You could be in more danger if your abuser finds it. Keep a copy at work or find another safe place to stash it. Also, give a copy of it and your schedule to someone you trust, so they know where you are, when you're likely to be alone with your abusive partner, and what they can do if you need help.

I have identified the following people as trustworthy. I will let them know what's going on inside of my home. I will call them for assistance or support if necessary. I will also ask them to call the police if I use my code word:

Friend: \_\_\_\_\_  
Relative: \_\_\_\_\_  
Co-worker: \_\_\_\_\_  
Counselor: \_\_\_\_\_  
Shelter: \_\_\_\_\_  
Other: \_\_\_\_\_

I will make up a "code word" for my support system to know when to call for help for me. (Consider a word that you don't use in normal conversation, but you can slip it into one if your abuser is listening.) My code word is \_\_\_\_\_.

I will memorize or keep a list of phone numbers in my purse, wallet, backpack or braw so that I have them when I need them.

If I believe violence is about to happen, I will avoid rooms without exits and places where potentially dangerous objects are, like the kitchen. I will try to move to

\_\_\_\_\_ (at home),  
\_\_\_\_\_ (at work), or  
\_\_\_\_\_ (in public).

If I believe violence is about to happen, the children in the house should \_\_\_\_\_

A safe place for the children to go, on foot, is \_\_\_\_\_

A safe person for them to call is \_\_\_\_\_

When leaving work, I can \_\_\_\_\_ to stay safe getting into my car.

I have identified \_\_\_\_\_ as a safe place between my work and home.

If my abuser becomes violent when I'm visiting my family I will \_\_\_\_\_

If my abuser becomes violent when I'm visiting my friend #1 \_\_\_\_\_ I will \_\_\_\_\_

If my abuser becomes violent when I'm visiting my friend #2 \_\_\_\_\_ I will \_\_\_\_\_

I can attend a victim's/survivor's support group like \_\_\_\_\_

I can read or listen to things that are going to build me up emotionally. I'm going to start with these three: \_\_\_\_\_

I will keep a calling card and extra money in a small container, ziplock bag, or emergency wallet that I always have near me and my partner doesn't know about. (I may be able to hide it in my bra.)

Contacts:

Police Department: \_\_\_\_\_

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

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

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

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

Spiritual Support/Clergy: \_\_\_\_\_

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

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

Tip: An advocate, through your local domestic violence program, police department, or 2-1-1 can help in many ways too. They can identify resources in the community that you might not be aware of, initiate contact with service providers, and even help you get into a domestic violence shelter if you need to.