

SAFETY PLAN

1. I can tell _____ about the violence and request that she or he call the police if she or he hears suspicious noises coming from my house.
2. If the police do not help, who I can contact, _____.
3. I will use _____ as my code with my children or my friends so they can call for help.
4. If I have to leave my home, I will go to _____.
5. I will leave money and an extra set of keys with _____ so I can leave quickly.
6. I will keep copies of important documents or keys at _____.
8. Things I can do to increase my independence include: _____.
9. I will check with _____ and _____ to see who would be able to let me stay with them or lend me some money.
10. I will teach my children how to make a collect call to me and to _____ (name of friend, etc.) in the event that my partner takes the children.
11. I can inform _____ (neighbor) and _____ (friend) that my partner no longer resides with me and that they should call the police if he is observed near my residence.
12. I can inform my boss, the security supervisor, and _____ at work.
13. I can ask _____ to help me screen my telephone calls at work.
14. When leaving work, I can _____.
15. If I have a problem while driving home, I can _____.

Additional information or ideas: _____

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