

## **What is Safety Planning?**

- 1. Safety planning is thinking and doing to make your life and your loved ones safer.**
- 2. You can do safety planning if you stay in a relationship or if you are able to leave an abusive relationship.**
- 3. Safety planning is something you do to help yourself feel and be “safe” when you are being hurt or afraid of being hurt.**
- 4. If you are being abused by a spouse, family member, your boy/girl friend, someone at work or school, a personal care assistant, or anyone else, there are things you can do that may help increase your safety.**

Here are some examples:

- Ask someone for help.
- Call a domestic violence hotline or the police.
- Try to end the relationship.
- Try not to say things that might “upset” the abusive person.
- Teach your children how to call for help.
- Change your job or school.

## **What do I need to know about Safety Planning?**

- 1. You are the expert on your life.**
  - Your own experience is the best tool in planning for your safety.
  - Planning often involves thinking about many choices. If Plan A doesn't work then go to Plan B
- 2. There are many kinds of dangers or risks when you are being abused.**
  - When planning, consider **all** of the risks.
  - Think about different **places** you may not be safe: home, work, school, other places you often visit and your abuser knows about.
  - Think about different **times** you feel unsafe:
    - Right after you try to leave the relationship
    - When drugs or alcohol are around
    - When you are alone with the person
    - If the person gets violent (starts yelling, hitting, threatening)
- 3. If you have children, think about their emotional safety as well as physical safety.**
- 4. When you start to make a safety plan, you will want to think about different kinds of safety, like:**
  - Emotional/mental (what will you do if you or your children get scared or are very upset)
  - Physical (where will you go? are there ways to protect yourself and your children?)
  - Financial (money, insurance, checking account, credit cards)

**Above all, trust your feelings and instincts.  
Remember...you are the expert on your life**