

YOUR SAFETY PLAN

I. Planning for a Violent Incident

Your team

Contact numbers

Your escape route and means of escaping. Identify the best doors, elevator, or stairwell. If you are unable to exit, try to position yourself where shouting may attract attention.

Have ready spare medication, medical supplies and adaptive equipment, money, change or a telephone card, extra set of keys, and clothes for you and your children. Keep these items in one place so they can be obtained if you have to leave quickly. Seek the help of a safe person if you need assistance.

Where you will go, if you have to leave. You or a safe individual/agency can contact a domestic violence shelter to discuss whether their facility is accessible. Ask the following: Are PA/caregiver services available? Can PA/caregiver accompany person? Are there rules that require someone seeking shelter to be dropped off at alternate location and if there is an exception for a person with a disability? If the shelter it is not accessible, or you do not wish to use a shelter, locate an alternative safe haven option.

Neighbors or someone who has regular contact can call the police if they hear a disturbance or have not seen you for a period of time.

Where can you stay temporarily, and who can lend you money.

Keep the domestic abuse program number close at hand, written down where abuser will not find it or give to a safe individual to contact for you.

AWAIC phone number _____

STAR phone number _____

Adult Protective Services number _____

Review your safety plan with your team as often as possible in order to plan the safest way to leave.

II. Safety in Your Home

Have the locks changed on your doors as soon as possible. Buy additional locks, safety devices, and/or security system to secure your windows and doors (keep closed and locked at all times even when expecting visitors). Consider installing or increasing outside lighting. A locksmith or your landlord can help install extra security devices.

Ask neighbors, landlord, and other individuals you regularly see to call the police if they see your abuser near you, your home or your work.

If someone who makes you uncomfortable keeps calling or emailing you, **change your telephone number and e-mail address.**

Screen telephones calls by either an answering machine, caller identification, or assistance of another.

Have a written note or other means of communicating that will let police know about history and extent of abuse if verbal communication is difficult or not possible.

♦ You, your friends, neighbors and others who are regularly in your neighborhood can **watch for stalking behavior.**

III. Safety with a Restraining Order

Keep your protection/restraining order with you at all times. When you change your purse, wallet, wheelchair or scooter pack, this should be the first thing you place in it. Keep extra copies of your protection/restraining order where you can find them in case your abuser takes your copy.

Where to go/who to call if you lose or damage your protection/restraining order.

If you have a **valid protection/restraining order issued by another state**, it is enforceable where you now live. This means a protection/restraining order issued in one jurisdiction must be enforced by all other jurisdictions.

Who to call to find out if there are any special procedures for interstate enforcement.

Police officers should enforce out-of-state or other Indian tribe protection/restraining orders if they contain both parties' names and have not yet expired. Police officers are often concerned about liability for false arrest in enforcing out-of-state or other Indian tribe protection/restraining orders without contacting the court. Yet, officers should also be aware that they may face liability for failure to arrest.

Call or have someone contact the police if your abuser violates the conditions of the restraining order.

Alternative ways/places to keep safe in case the police do not respond right away.

Tell you family, friend, neighbors, supervisor coworkers, caregivers and caseworkers that you have a restraining order in effect and identify your abuser. You may wish to give some of these people a copy of the protection/ restraining order.

IV. Safety in the Community

Decide who you will inform of your situation and give a copy of the protective order.

At your job _____

At social, recreational or volunteer activities _____

At school _____

What do you do if someone makes you feel unsafe on the bus?

What you would do if something makes you feel unsafe while you were outside walking.

If you have a cellular telephone, program it with 911. 911 cannot trace the location of cellular telephones. If you cannot communicate your location, have someone assist you if possible.

At your workplace discuss safety planning with someone you trust and put a plan into place.

Name(s) _____

If you obtain a restraining order, ask the court to order your abuser to not come to your workplace or school and to order your abuser to stay at least 500 feet away from you at all times.

Become familiar with the entrance and exits from your workplace so you know how to escape if necessary.

V. Safety in your Emotional Health

Who can you call to talk freely and openly with, and who can give you the support you need.

Where are womens' or victims' support group you can join for at least two weeks to gain support from others and learn more about yourself and your relationship.
