

Personalized Safety Plan

*Suggestions for increasing safety: **In the relationship***

- I will have important phone numbers available to my children and myself.
- I can tell _____ and _____ about the violence and ask them to call the police if they hear suspicious noises coming from my home.
- If I leave my home, I can go (list four places):

- I can leave extra money, car keys, clothes, and copies of documents with:

- If I leave, I will bring _____

_____ (see checklist).
- To ensure safety and independence, I can: keep change for phone calls with me at all times; open my own savings account; rehearse my escape route with a support person; and review my safety plan on _____ (date).

*Suggestions for increasing safety: **When the relationship is over***

- I can: change the locks; install steel/metal doors, a security system, smoke detectors and an outside lighting system.
- I will inform _____ and _____ that my partner no longer lives with me and ask them to call the police if s/he is observed near my home or my children.
- I will tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are:

- I can tell _____ at work about my situation and ask _____ to screen my calls.
- I can avoid stores, banks, and _____ that I used when living with my battering partner.
- I can obtain a protective order from _____.
I can keep it on or near me at all times as well as leave a copy with _____.

- If I feel down and ready to return to a potentially abusive situation, I can call _____
for support or attend workshops and support groups to gain support and strengthen my relationships with other people.
- If I have animals I can leave them with _____
or _____.

Important Phone Numbers

- Police: 911
- Nationwide Hotline: 800-799-SAFE (7233)
- MA Statewide Hotline (Safelink): 877-785-2020
- Elizabeth Stone House Hotline: 617-522-3417
- Others:

Items to Take Checklist

- Identification
- Birth certificates for me and my children
- Social Security cards
- School and medical records
- Money, bankbooks, credit cards
- Keys—house/car/office
- Driver's license and registration
- Medications
- Change of clothes
- Welfare identification
- Passport(s), Green Card(s), work permits
- Divorce papers
- Lease/rental agreement, house deed
- Mortgage payment book, current unpaid bills
- Insurance papers
- Address book
- Pictures, jewelry, items of sentimental value
- Children's favorite toys and/or blankets