

## Personal Safety Plan

### To avoid a violent incident in my home:

1. I will keep my purse and car keys accessible by putting them \_\_\_\_\_ so I can leave quickly.
2. I will talk to my children about violence. We will plan how to leave and where to go if violence occurs.
3. I will use the code word \_\_\_\_\_ with my children so they will prepare to leave. I will inform my friends/family that if I speak this word to them they should call the police.
4. When I leave I/we will go out \_\_\_\_\_ (which window, door, is best for escape)
5. When I feel myself or children are in danger and I am unable to leave, I will move to a safe room with few items that can be used as weapons and if possible an outside door. I will try to avoid the garage or kitchen. The safe room in my house is \_\_\_\_\_.
6. I can tell 2 neighbors to call the police if they hear suspicious noises coming from my house. I will tell \_\_\_\_\_ and \_\_\_\_\_.

### Staying safe when preparing to leave:

1. I will prepare an emergency bag containing:
  - Copies of important documents  
Birth Certificate  
Social Security Cards  
Driver's License/ID Card  
Ex parte or Order of Protection  
Divorce Decree  
Lease, rental agreement, property deed, mortgage payment book  
Medical and Vaccination Records  
Insurance Card  
School Records
  - Clothing for myself and children
  - Extra set of keys
  - Money and bank account information
  - VIP Contacts; attorney, doctors, police department, taxi , safe friends/family
2. I will leave my emergency bag with \_\_\_\_\_ so I can leave quickly.
3. The nearest domestic violence shelter to me is \_\_\_\_\_ I can call them at \_\_\_\_\_. If that shelter is full, I can call this shelter \_\_\_\_\_ at \_\_\_\_\_.
4. I have a close friend or family member who can drive me to a shelter. Their phone number is \_\_\_\_\_. If they are unable to drive me I can call a taxi at this number \_\_\_\_\_.
5. I will rehearse my escape plan and include my children is appropriate.

**Staying safe with an Order of Protection:**

1. I will keep my Order of Protection with me at all times as well as a copy in a safe place. A copy of my Order of Protection will be kept here\_\_\_\_\_.
2. I will give a copy of my Order of Protection to the police departments in the towns where I live, work, and visit.
3. I will check the county registry to make sure my Order of Protection is on file. The number for the county registry for my Order of Protection is\_\_\_\_\_.
4. If I have questions about my Order of Protection and do not have an attorney, I can call a domestic violence shelter at\_\_\_\_\_.
5. I will inform my employer, school, trusted close friends and family that I have an Order of Protection. If I have a Child Order of Protection I will inform their school or daycare of the situation.
6. If my abuser destroys my Order of Protection, I can get another copy from the county court house.

**Keeping my Children safe:**

1. I will teach my children how to use a telephone to call 911 or \_\_\_\_\_(a trusted person) in an emergency.
2. I will provide the names of people who have permission to pick up my children to their school, babysitter or daycare. People who can pick up my children\_\_\_\_\_.
3. I will teach my children a code word to use when they are feeling unsafe. Our code word is\_\_\_\_\_.