

DOMESTIC VIOLENCE PERSONALIZED SAFETY PLAN

Name: _____ Date: _____

THE FOLLOWING STEPS REPRESENT MY PLAN FOR INCREASING MY SAFETY AND PREPARING IN ADVANCE FOR THE POSSIBILITY OF FURTHER VIOLENCE. ALTHOUGH I DO NOT HAVE CONTROL OVER MY PARTNER'S VIOLENCE, I DO HAVE A CHOICE ABOUT HOW I RESPOND TO IT AND HOW TO BEST GET MYSELF AND MY CHILDREN TO SAFETY.

STEP 1: SAFETY DURING A VIOLENCE INCIDENT. PEOPLE CANNOT ALWAYS AVOID VIOLENT INCIDENTS. IN ORDER TO INCREASE SAFETY, VICTIMS AND SURVIVORS MAY USE A VARIETY OF STRATEGIES.

I can use some or all of the following strategies:

A. If I decide to leave, I will _____

(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)

B. I can keep my purse/wallet and car keys (spare keys if possible) ready and put them (location) _____ in order to leave quickly.

C. I can tell _____ about the violence and request that they call the police if they hear suspicious noises coming from my house.

D. I can teach my children how to use the telephone to contact the police, the fire department, and 911.

E. I will use _____ as a code with my children or family/friends so they can call for help.

F. If I have to leave my home, I will go to _____

(Decide this even if you do not think that there will be a future incident, in worst case scenario)

G. I can also teach some of these strategies to some or all of my children.

H. When I expect we are going to have an argument, I will try to move to a place that is low risk, such as _____

(Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door)

- I. I will use my best judgement and intuition to remain as safe as possible with my partner until I can get to safety.

STEP 2: SAFETY WHEN PREPARING TO LEAVE. VICTIMS AND SURVIVORS FREQUENTLY LEAVE THE RESIDENCE THEY SHARE WITH THE ABUSER. LEAVING MUST BE DONE WITH A CAREFUL PLAN IN ORDER TO INCREASE SAFETY. ABUSER'S OFTEN STRIKE BACK WHEN THEY BELIEVE THAT VICTIM IS LEAVING THE HOME/RELATIONSHIP.

I can use some or all of the following strategies:

- A. I will leave money and an extra set of keys with: _____
so I can leave quickly.
- B. I will keep copies of important documents or keys at/with: _____
- C. I will open a savings account by (date) _____, to increase my independence.
- D. Other things that I can do to increase my independence, include: _____

- E. I will inquire with _____ or _____
to see if, in case of an emergency, they would be able to let me stay with them or lend me cash assistance.
- F. I can leave extra clothes or money with _____
- G. I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence. _____ (Domestic Violence advocate/agency or friend/family) has agreed to help me review this plan.
- H. I will rehearse my escape plan and, as appropriate, practice it with my children.

STEP 3: SAFETY IN MY OWN RESIDENCE. THERE ARE MANY THINGS THAT PEOPLE IN DOMESTIC VIOLENCE SITUATIONS CAN DO TO INCREASE THEIR SAFETY IN THEIR OWN RESIDENCE. IT MAY BE IMPOSSIBLE TO DO EVERYTHING AT ONCE, BUT SAFETY MEASURES CAN BE ADDED STEP BY STEP.

Safety Measures I can use:

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steel/metal doors.

- C. I can install security systems, including additional locks, window bars, poles to wedge against the door, an electric alarm system, etc.
- D. I can purchase rope ladder to be used for escape from second floor windows.
- E. I can install smoke detectors and fire extinguishers for each floor in my residence.
- F. I can install an outside lighting system that activates when a person is close to my residence.
- G. I will teach my children how to make a call to me or _____ (a person that both you and your children trust) in event that my partner takes the children
- H. I will tell the people who take care of my children who have people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform to pick up permission from include: _____

Name/# of School/School Social Worker _____

Name/# of Childcare/Babysitter _____

Name/# of Teacher: _____

Name/# of Point of Contact for Church/Religious Affiliation _____

Additional Names:

- I. I can inform _____ (neighbor/friend) that my partner/abuser no longer resides with me and that they should call law enforcement if they should see my partner/abuser near my residence.

STEP 4: SAFETY WITH AN ORDER OF PROTECTION (DVPO) MANY ABUSERS OBEY PROTECTION ORDERS, BUT ONE CAN NEVER BE SURE WHICH VIOLENT PARTNER WILL OBEY AND WHICH WILL VIOLATE PROTECTIVE ORDERS. I RECOGNIZE THAT I MAY NEED TO ASK LAW ENFORCEMENT AND THE COURTS TO ENFORCE MY PROTECTIVE ORDER.

The following are some steps that I can take to help the enforcement of my protection order:

- A. I will keep my protection order _____ (location). Always keep it on or near your person. If you change purses/wallet, that is the first thing that should go into the new purses/wallet.

- B. I will give a copy of my protection order to my place of employment, landlord/rental office, lawyers, DSS/CPS, friends or family that I may visit frequently (kids schools, daycare, sitter etc.)
- C. Law Enforcement has a database that they have access to confirm orders of protection. If I have questions about my order of protection, I can call the magistrate's office: _____
or Safe Haven's Court Advocate at 910-789-2139.
- D. I can inform my employer, my closest friends, my family, my religious leader that I have an order in place _____
- E. If my partner destroys my order of protection, I can get another copy from the clerk's office.
- F. If law enforcement does not help, I can contact an advocate or an attorney and file a complaint with the Chief of the Police Department.
- G. If my partner violates the protection order it is a felony offense, I can call 911 or law enforcement/ magistrates office and report the violation.

STEP 5: SAFETY ON THE JOB AND IN PUBLIC. IT IS UP TO THE INDIVIDUAL TO DECIDE IF AND WHEN THEY WILL TELL OTHERS THAT THEIR PARTNER HAS ABUSED THEM AND THAT THEY MAY BE AT A CONTINUED RISK. FRIENDS, FAMILY AND CO-WORKERS CAN HELP PROTECT AND SUPPORT THE INDIVIDUAL DURING THIS TIME. THE INDIVIDUAL SHOULD BE CAREFUL WHICH PEOPLE TO INVITE TO HELP SECURE THEIR SAFETY.

I might do any or all of the following;

- A. I can inform my boss, security, and _____ at work.
- B. I can ask _____ to walk me to/from my car to work.
- C. When leaving work, I can _____
- D. If I have a problem while driving home I can call _____
- E. If I use public transit, I can _____
- F. I will go to different grocery stores, malls, banks, etc. to conduct my business and shop at hours that are different from the times that I had gone when residing with my abuser.
- G. I can explore different online/ pickup options for the stores that my abuser and I used to shop at together to limit possible interactions.

STEP 6: SAFETY AND DRUG OR ALCOHOL USE. ALCOHOL AND SUBSTANCE USE IS A COMMON THEME IN SITUATIONS REGARDING DOMESTIC AND SEXUAL VIOLENCE.

THE USE OF ALCOHOL AND SUBSTANCE USE CAN REDUCE THE INDIVIDUAL'S AWARENESS AND ABILITY TO ACT QUICKLY TO PROTECT THEMSELVES FROM THEIR ABUSER.

If drug or alcohol use has occurred in my relationship with my abuser, I can enhance my safety by some or all of the following:

- A. If I am going to use substances, I will not do it on shelter property but somewhere safe. I need to be honest with my caseworkers about my substance use/sobriety so they can help connect me to substance use services.
- B. If my partner is using I can, I can leave the home and go somewhere safe.
- C. To keep my children safe, I might _____

STEP 7: SAFETY AND MY EMOTIONAL AND MENTAL HEALTH. THE EXPERIENCE OF BEING ABUSED PHYSICALLY, EMOTIONALLY, MENTALLY, AND SEXUALLY IS EXHAUSTING AND EMOTIONALLY DRAINING. THE PROCESS OF BUILDING A NEW LIFE TAKES MUCH COURAGE AND INCREDIBLE ENERGY.

To best service my emotional and mental health and resources I can do some or all of the following:

- A. When I feel down and feeling that I am going to return to a potentially abusive situation, I can _____
- B. When I have to communicate with my abuser in person or by phone I can _____

- C. I will try to use "I can..." statements with myself and be assertive with others.
- D. I can tell myself, " _____ " _____
whenever I feel others are trying to control/abuse me.
- E. I can read _____ to help me feel stronger.
- F. I can call _____ for support.
- G. I can attend workshops and support groups at the domestic violence program or other support groups _____ to gain support and strengthen my support systems and relationships.
- H. Some of the activities that I enjoy doing: _____
- I. A list of a mental health resources incase I need to talk to someone are: _____

- J. Healing is not linear; through this journey I will give myself grace to learn and process this journey.

STEP 8 ITEMS TO TAKE WHEN LEAVING. WHEN INDIVIDUALS LEAVE THEIR ABUSERS, IT IS IMPORTANT TO TAKE CERTAIN ITEMS. IN SOME CASES, EXTRA COPIES OF THESE ITEMS CAN BE GIVEN TO A TRUSTED MEMBER IN YOUR LIFE IF YOU NEED TO LEAVE QUICKLY.

These items are replaceable if you are not able to retrieve them. You are not replaceable. Please do not jeopardize your safety while trying to return to get these items.

Items on the following lists with the asterisks (*) are the most important to take with you. If there is time, the other items might be taken, or stored outside the home. These items might be best placed in one location, so that if you have to leave quickly you are able to grab them.

- | | |
|---|---|
| * Identification (State ID/ Driver's License) | *Children's Birth Certificates |
| * Birth Certificate | * Copy of Protection order |
| * Social Security Cards | * Welfare/WIC/Medicaid/ Food stamp card |
| * Money/Wallet | * Keys- house/car/office |
| * Phone | * Glasses/Contacts |
| * Medications | * School/Vaccination Records |
| * Passport | * Custody of Agreements/Child Ex |

Other Items to think about:

Divorce papers

Medical Records

Bank Information

Insurance Cards and Information

Pictures/Jewelry

Items of special sentimental value

Children's favorite toy/book

STEP 9 TECH SAFETY- AS TECHNOLOGY ADVANCES, INDIVIDUALS THAT ARE IN SITUATIONS OF DOMESTIC AND/OR SEXUAL VIOLENCE ARE A HIGHER RISK OF BEING TRACKED, HARASSED, AND STALKED THROUGH DIFFERENT DEVICES AND SOCIAL MEDIA PLATFORMS.

I can use some and or all of these strategies to keep myself and/ or children safe while using technology and social media platforms:

- A. I will turn off all location services on my devices which can include: my phone, children's phones, wireless headphones, Apple or smart watches, tablets, laptops.
- B. I will turn off location tracking on social media such as Facebook, Instagram, Twitter, and TikTok, which can be turned off in the settings section of my phone.
- C. I will not take pictures with identifying location markers such as hotel logos or nearby areas.
- D. I will not post my location on social media or indicate that I am in a domestic violence shelter or not residing in my home.
- E. I will not disclose if I decide to leave the home where I am staying.
- F. I will not do "check-in's" at certain locations on Facebook.
- G. I will not engage in revenge porn.
- H. I will change my passwords on my social media platforms so my abuser can not go on my account if they previously had the password.
- I. I will make my accounts private, and only accept requests from people that I know.
- J. I will talk to my children about internet and technology safety.

Telephone Numbers I need to know:

Legal Aid/ Legal Aid regarding housing 1-866-219-5262/1-877-201-6426

National Domestic Violence Hotline 800-799-7233 / 800-787-3224 (TTY)

Safe Haven of Pender Crisis Line – 910-259-8989 _____

Magistrate's Office: _____

My Lawyer's Office _____

DSS/CPS Case Worker _____

Additional Numbers

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