

Safety Plan While at Work

At work, decide whom you'll tell about your situation. This should include office or building security (provide a picture of your abuser if possible). I can inform my boss, the security supervisor and _____ at work of my situation.

Obtain an order of protection and make sure that it is current and on hand at all times. Include the workplace on the order. A copy should be provided to the police, the employee's supervisor, Human Resources, the reception area, the Legal department, and Security.

Relocate your workspace to a more secure area. Look into alternate hours or work locations and park in a different area.

Devise a safety plan for when you leave work. Have someone escort you to your car, bus, or train. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.

I can ask _____ to help screen my telephone calls at work. Have your calls screened, transfer harassing calls to security, or remove your name and number from automated phone directories. Provide a picture of the perpetrator to reception areas and/or Security.

Park close to the entrance of your building, and talk with security, the police, or a manager if you fear an assault at work. Ask Security to escort you to and from your car or public transportation
When driving home if problems occur, I can _____.

If I use public transit, I can _____.

Identify an emergency contact person should the employer be unable to contact you.

Safety Plan In Public

I will go to different grocery stores and shopping malls to conduct my business and shop at hours that are different than those when residing with my battered partner.

I can use a different bank and take care of my banking at hours different from those I used when residing with my battered partner.

Try to avoid places where your abuser might go.

****I WILL ALWAYS KEEP A CELL PHONE WITH ME.**

ALL CELL PHONES CAN CALL 911.**

****I WILL NOT HESITATE TO CALL 911 IF I AM AFRAID FOR MY LIFE****

I will keep this document in a safe place and out of the reach of my potential attacker.

Review date: _____

Maury County 24-hour Crisis and Referral Hotline at 931-381-8580
OR National Domestic Violence Hotline at 1-800-799-SAFE (7233)