

Safety Plan While Living in Violence

If an abusive situation seems unavoidable, try to have it in a room or area with an exit and not in the bathroom, kitchen, garage or anywhere near dangerous instruments or weapons. When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as _____
_____.

Practice how to get out of your home safely. Identify which windows, elevator, fire escapes or stairs would be best. If I decide to leave, I will leave by _____
_____.

Identify a neighbor you can tell about the violence and ask to call the police if a disturbance is heard coming from your home. I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.

Devise a code word to use with your children, family, friends, and neighbors when you need the police. I will use _____ as my code for my children or my friends so they can call for help. I can teach my children how to use the telephone to contact the police and the fire department. I can keep my money and car keys ready and hide them in (place) _____ in order to leave quickly.

If I have to leave my home, I will go _____ (Decide this even if you don't think there will be a next time).

If I cannot go to the location above, then I can go to _____ or _____
_____.

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

If I choose to use a weapon, I will take classes to learn how to use it and will follow all safety precautions. I will prepare to keep my children safe from the weapon.

I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger. I will call the police as soon as it is safe to do so.

****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)