

A Safety Plan

If you're in an abusive situation and are not able or ready to leave, it's important to think about how to keep yourself safe. If you do want to leave, it's a good idea to plan your escape well. Printing and filling out this safety plan can help you feel safe whether you're staying in your current situation or getting ready to leave. Be sure to review it every so often with someone you trust, to keep the information useful and up-to-date. For assistance in creating your safety plan you can contact your local crisis center:

I will tell (name): _____ and (name): _____
about the abuse and ask them to help me if I use the code word or phrase:

I will buy a small address book and carry it with me at all times. I will list the following people, agencies, hotlines, or other services:

1. _____
2. _____
3. _____

I will use this excuse when I'm able or ready to leave the situation:

I will leave before I think a situation will get violent. I usually know things are getting violent when:

My abuser may try to persuade me not to leave by:

I can get around this by:

If I decide to leave, I will go to either of the following places that are unknown to my abuser:

1. _____
2. _____

I will keep the following items in a bag that is ready to go (circle those that apply):

keys	check book
address book	spare clothes
driver's license or other identification	pager
social security card	restraining/protection orders
school records	rent papers
passport	current unpaid bills
resident card	insurance papers
immigration papers	bus tokens
prescriptions/medicines	special photos
small amount of cash and change	personal items

(For teens with children: formula and bottle, diapers, birth certificate, child's medical records, spare clothes for child, child's favorite toys)

If I leave, I will bring this bag as well as:

_____ with me.

I will leave spare items, supplies, copies of important papers, and: _____
with (name): _____ in case I am unable to get my bag before leaving.

I will review my safety plan on (date): _____ with (name): _____