

**Personalized Safety Plan  
For Survivors of Relationship Violence**

*This is my plan for increasing my safety & preparing in advance for the possibility of further violence. Although I do not have control over my partner's violence, I can find ways to reduce risk of harm for myself.*

**My important telephone numbers:**

\*Police: 911 and (704)336-7600(non- emergency number.)

\*DV Programs/Safe houses: "I MATTER"'s number is (704)378-3550/1040 and Safe Alliance Domestic Violence Shelter and Services' phone number is 704-332-2513.

\*Friends I can call are \_\_\_\_\_ and \_\_\_\_\_.

**Safety during an assault**

*There are a number of things to do to increase safety during violent incidents.*

I can do some or all of the following:

1. If I decide to leave, I can get out of the house/residence hall/apartment by \_\_\_\_\_  
\_\_\_\_\_. (practice)
2. I can go to \_\_\_\_\_.
3. In order to leave quickly, I can keep my purse and keys ready by putting them \_\_\_\_\_  
\_\_\_\_\_.
4. I can tell \_\_\_\_\_ (my neighbors) about the violence and ask them to call the police if they hear suspicious noises coming from the house/dorm room.
5. I can use \_\_\_\_\_ as my code word with family and friends so they know when I need help.
6. When I expect an argument, I can try to move to \_\_\_\_\_, a space near an outside door that has no guns, knives or other weapons (usually bathrooms, garages and kitchens areas are dangerous places).
7. I can call the police and/or get a protective order from the court.

**Safety when preparing to leave**

*Leaving must be done with careful planning to increase safety. Abusers often strike back when they believe that their partner is leaving.*

I can do some or all of the following:

1. So I can leave quickly, I can leave money, an extra set of keys, extra clothing and important documents with \_\_\_\_  
\_\_\_\_\_.
2. I can check with \_\_\_\_\_ and \_\_\_\_\_ to see who would let me stay with them or lend me some money.
3. I can plan to break up in a public place and will stay with \_\_\_\_\_ after.
4. Other things I can do to increase my independence:

**Checklist-** *What you may want to take with you, if it's safe to do so:*

- Identification
- Money
- Credit cards
- Medications
- Social Security Cards
- Keys (house/work/car)
- Drives license
- Birth certificate
- School records
- Copy of protective order
- Passport
- Pets (if possible)

### **Safety in my home or residence hall**

*There are many things that a person can do to increase safety in their home. It may be impossible to do everything at once, but safety measures can be added step by step.*

1. I can inform \_\_\_\_\_ that the abuser no longer resides with me/is dating me and they should call the police if they are seen at my residence.
2. I can change the locks on my doors and windows as soon as possible.
3. I can alert my R.A to the situation to have the abuser trespassed from the residence hall and/or to alert the front desk staff not to let them in.
4. I can tell my roommate(s) about the situation and \_\_\_\_\_  
\_\_\_\_\_.

## **With a protective order**

*Protective orders are available from the court. An advocate is available at "I MATTER" to help obtain one. Many abusers obey protective orders, but some do not. I understand that I may need to ask the police and the courts to enforce my protective order. I can do some or all of the following to increase my safety:*

1. I can keep a copy of my protective order with me at all times and make numerous copies.
2. I can make sure that "I MATTER", the deans of student's office and university police have a copy as well as the local county sheriff's department.
3. If the abuser violates the protective order, I can call the police and report the violation. I can also call \_\_\_\_\_ for support.

## **Safety on the job or in class**

*Each person must decide for themselves if and when to tell others about the violence. Friends, teachers and co-workers can offer support and help protect you.*

I can do any or all of the following:

1. I can tell my boss, professor or \_\_\_\_\_ about my situation.
2. I can ask \_\_\_\_\_ to help screen my telephone calls while on the job.
3. When I leave work or class, I can walk with \_\_\_\_\_ to my car or bike. I can park my car where I feel safest getting in and out.
4. I can work with "I MATTER" to have my information removed from the JCSU directory.

## **Safety and technology**

*Partners may use technology as a means of controlling or monitoring their partner. Here are some steps that I can take to protect myself:*

1. I will set up a new private email address. This email address will not contain my name or birth date, or other words that would identify me.
2. I will try to use a private computer or one that my partner cannot access. This computer is located \_\_\_\_\_. If I can't use a separate computer from my partner I will look up how to clear the history.
3. I will not store my passwords if my web browser is capable of doing so. I will change my passwords often.
4. I will change the privacy settings on Facebook and other social media sites to restrict access (especially from my ex-partner and his/her friends).

5. I will make sure that my phone number and address are unlisted by calling my telephone company.

### **Safety and my emotional health**

*The experience of being abused and verbally degraded by partners is exhausting and emotionally draining. The process of building a new life for oneself takes much courage and incredible energy. **To conserve my emotional energy and to avoid hard emotional times, I can do some of the following:***

1. If I feel down and ready to return to a potentially abusive situation, I can call \_\_\_\_\_ before making a decision.
2. I can remind myself daily of my best qualities. They are \_\_\_\_\_.
3. I can read \_\_\_\_\_ to help me feel stronger or better.
4. I can call \_\_\_\_\_ and \_\_\_\_\_ as other resources to be of support to me.
5. I can engage in counseling with the JCSU Counseling Center, my faith community, or a private therapist by calling \_\_\_\_\_.