

## Personalized Safety Plan

### I can help protect myself:

- I can obtain an Order of Protection (OOP) for myself and my children
- I will give a copy of the OOP to my employer, my religious advisor, my closest friend, shelter staff, my children's school(s), day care center, the police department and \_\_\_\_\_
- I will keep my OOP and emergency numbers with me at all times
- I will use my OOP with the police and the courts to uphold my rights to safety
- I can ask staff for a "911" programmed cell phone
- I can cancel any bank accounts or credit cards we shared; open new accounts at a different bank
- I can give a picture of my abuser to shelter staff, employers and friends at work
- I will use \_\_\_\_\_ as my code word with my children, friends and advocates so they will call for help
- I know I have the right to safety and peace in my life and the lives of my children

### I can protect my children:

- I can tell people who take care of my children which people have permission to pick them up and make sure they know how to recognize those people
- I can tell the school(s) to not give my address or phone number to anyone
- I can tell my children who to tell in school if they see the abuser
- I can teach my children how to use the telephone to call me collect or contact the police and the fire department

### I can be ready for a crisis:

- If threatened or attacked by my abuser, I can:
  - Stay away from the kitchen (too many potential weapons)
  - Stay away from spaces where I can be trapped (e.g., bathrooms and closets)
  - Get to a room with a door or window to escape
  - Get to a room with a phone to call for help; lock the abuser outside if you can
  - Think about a neighbor or friend to run to for help
  - Document all incidents and potential evidence (pictures, witnesses, etc.)

### I can protect myself at work:

- I can tell my supervisor at work and see if they can make it harder for the abuser to find me
- I will not go to lunch alone
- I can ask to be escorted to my car or a bus from the work site
- If the abuser calls me at work, I can save voice mail and email

### I can use the legal system to help:

- When obtaining an OOP, I can provide the court with pictures, medical reports, names of witnesses to the abuse, and other information that will inform the Judge
- The Judge can:
  - Order the abuser to stay away from me and my children
  - Order the abuser to leave my home
  - Give me temporary custody of the children
  - Order the abuser to pay temporary child support
  - Order the police to escort you to your home to pick up belongings
  - Order the abuser into a batterers intervention program
  - Order the abuser to give guns to the police

### Items I have or need:

(✓ for have, ✗ for need)

- Identification for myself
- Children's birth certificates
- My birth certificate
- Social Security cards
- School/vaccination records
- Money, checkbook, bank books, ATM cards
- Credit cards
- Medication
- Keys – house, car, office
- Driver's license/car registration
- Insurance papers
- Public Assistance ID/Medicaid cards
- Passports, green cards, work permits
- Divorce or separation papers
- Lease, rental agreement or house deed
- Car/mortgage payment book
- Children's toys, security blankets, stuffed animals
- Sentimental items, photos