

Safety Planning

What is
Safety
Planning?

A safety plan is a guide that helps people who are in unsafe relationships lower their risk of being hurt by an abuser. Everyone deserves to be in a relationship that is safe and healthy. Abusers use violence and manipulation to gain power and control over their victims. Safety planning is a way for survivors to get their power back and start on the road to safety.

How do I
make a
safety plan?

Take some time and answer the following questions completely. This can be done alone or with a friend or professional but all of the answers must be something you would do! If you answer with what others think you should do instead of what you would actually do, this is not **your** safety plan

Keep in Mind:

- ▶ Once you have completed your plan, keep it in a place that is accessible to you yet hidden from others. You might consider giving a copy to a trusted person or destroying this document after establishing your plan.
- ▶ Getting support from someone who has experience working with people in abusive relationships can be helpful.

I will trust my intuition when it comes to my safety. Nobody knows me better than me!

Staying Safe at Home

I can talk to the following people about what is happening in my relationship:

There are regular times when I am alone. During these times, I can ask the following people to stay with me or check on me: _____

I will keep windows and doors locked when I am home alone and with other people.

I can install smoke detectors, fire extinguishers, security lighting, and rope ladders for safety. I can change the locks on my doors/windows. I will _____

I will tell people who has permission to pick up my children, and that my partner is not permitted to do so.

I can inform people that my partner no longer resides with us, and to call the police if they are seen near my home.

Safety During a Violent Incident

If I decide to leave I will: _____

(Practice how to get out safely. What doors, windows, elevators, stairs etc. would you use?)

If I have to leave in an emergency, I should try to get to a place that is public, safe, and unknown to the abuser. I could go to _____

I will use a code word so I can alert my family, friends, and neighbors to call for help without the abuser knowing about it. My code word is: _____

I will keep my purse/wallet, keys, and phone (here) _____ so I can grab them when I need to leave quickly.

If an argument starts, I will stay out of the kitchen and bathroom where there are sharp objects and hard surfaces. I will also stay away from any rooms with weapons. I will go to this room: _____

I will plan with the children and identify a safe place for them, like a room with a lock or a friend's house where they can go for help. Reassure children that their job is to stay safe, not to protect me. They will hide here _____ in the house or run to these neighbors _____ for safety.

I will teach my children how to call 911 during an incident. I will not hesitate to call 911 if I am feeling scared!

Staying Safe Socially and Online

I will change the passwords to all forms of technology:

Phone Tablet Computers Others _____

I will change passwords to all social media I use:

Facebook Instagram Twitter Kik Snapchat TikTok Email

Dating Websites Others _____

*The abuser may know you very well and can guess new passwords. Keep this in mind when choosing new passwords by making them random and new.

I will make sure the location is off on my phones, devices, and apps.

I will take my phone to my service provider to search for invisible tracking apps or spyware.

I will not accept friend requests from people I don't know.

I will set all online profiles to 'private'.

I will save and keep track of any abusive, threatening, or harassing comments, posts, or texts.

I will not answer calls from unknown or private numbers.

I will block the abuser's number.

Staying Safe at Work or in Public

The safest way for me to get to and from work is _____

If problems occur during my commute, I can _____

When I need someone to walk with me in the parking lot, I will ask _____

I will eat lunch and spend free time in areas where there are other people or co-workers such as _____

I could talk to the following people at work if I need to rearrange my schedule to avoid the abuser or if I need help being and feeling safe at work: _____

In case the abusive partner shows up at my job, I will speak to the person who monitors the front doors about my safety concerns, and I could leave a copy of my protection order with them as well.

If possible, I will not go to places the abusive person frequents.

No matter where I go, I will be aware of how to leave safely in case of an emergency.

I will spend time with people who make me feel safe like _____

To protect myself, I may need to change my:

Work/Class Schedule Gym/Workout Times Parking Spots Entrance/Exit I Use

Where I Shop Time I Go Shopping Other _____

I will leave if I feel uncomfortable, no matter what other people say. **I WILL TRUST MY GUT!**

Staying Emotionally Safe

The abusive person tries to make me feel bad about myself by saying or doing this: _____

This abusive person tries to control or show their power over me by: _____

When this happens, I will think of things that make me special, like _____

I will do things I enjoy, like: _____

I can attend Genesis House support groups, participate in Aftercare, or I can _____
to gain support and strengthen my relationship with other people.

I can try to use "I can....." statements with myself and to be assertive with others.

I can tell myself " _____ " whenever I feel others are
trying to control or abuse me.

I will keep in mind that just because someone doesn't believe me or takes sides with the abusive person, it
doesn't mean I am wrong, or the abuse didn't happen. I know what goes on in my relationship!

If I feel down, depressed, or lonely I will call:

Name: _____ Number: _____

Name: _____ Number: _____

Other important numbers are:

Genesis House.....(440)323-3400 or (440)244-1853

Nord Center.....(440)322-4665 or (440)233-7232

Local Police Department..... _____

Sponsor..... _____

..... _____

Staying Safe with a Protection Order

I will keep my protection order in a safe location on or near myself _____

I will give copies of my protection order to police departments in the communities where I work, visit
family/friends, and where I live: _____

I can call Genesis House and speak with a Legal Advocate if I am unsure of how to stay safe with a protection
order or if I have a problem with my protection order.

If my protection order is destroyed, I can get a certified copy from the courthouse by going to the Clerk of
Courts located at _____

If my partner violates the protection order, I can call police and report a violation, contact my attorney, and/or
advise the court of the violation. The abusive partner can be charged with a violation of the protection order
and any crimes committed during violation of the order.

Safety and Drugs/Alcohol

Research shows that drugs and alcohol do not cause abusive behavior but using drugs or alcohol can escalate
abuse in an abusive relationship. I can use the following to stay safe:

If I am going to consume, I can do so in a safe place and with people who understand the risk of violence who are committed to my safety.

If my partner is consuming, I can _____

To safeguard my children, I might _____

If I need sober support, I can contact _____, _____, _____

Safety for Pets

Many people delay leaving their abusive situation in fear for what might happen to their pets. To keep my pets safe, I can plan ahead and use some of the following strategies:

I can make arrangements to keep my pets at a shelter, boarding facility, or a friend's home that is unknown to the abuser such as _____

I can prove ownership of my pets through animal licenses, proof of vaccinations, veterinary receipts, etc. and keep these in a safe place _____

If I decide to leave, I will take items my pets need most such as pet carriers, ID tags, vet records, collar/leash, food, medications, and care instructions. I can keep extra supplies at _____

Getting Ready to Leave

Keep evidence of physical abuse, such as photos. If injured, it is an option to go to a doctor or emergency room and report what happened and ask that they document the visit.

I will contact my local domestic violence shelter to learn about laws and other resources available

I will try to set money aside or ask friends or family to hold money for me

I will write down phone numbers I need when I leave (if the abuser takes my phone or destroys it, do I know family or friend's phone numbers?)

I can request a police escort while I leave

I can hide an extra set of keys

I can pack an extra set of clothes for myself and my children and store them with a trusted person.

Some items might be best stored in one location so that if I have to leave in a hurry, I can grab them quickly. When I leave I should try to take: _____

Items to take may include: Identification, Birth Certificates & Social Security Cards, Lease Information, Legal Documents, Medications, Pets, Credit/Debit Cards and Banking Information, Copies of Keys, Citizenship Documents, Abuser's Information, Extra Clothes, Items for Children, Sentimental Items.



Genesis House
440.244.1853 or 440.323.3400
www.geneshouseshelter.org