

**MY PERSONALIZED SAFETY PLAN**

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**SAFETY DURING A VIOLENT INCIDENT**

- If I have/decide to leave my home, I will go to \_\_\_\_\_
- I can tell \_\_\_\_\_ (neighbors) about the violence and request they call the police if they hear suspicious noises coming from my house.
- I can teach my children how to use the telephone to contact the police.
- I will use \_\_\_\_\_ as my code word so someone can call for help.
- I can keep my purse/car keys ready at (place) \_\_\_\_\_ in order to leave quickly.
- 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.

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**SAFETY WHEN PREPARING TO LEAVE**

- I will keep copies important documents, keys, clothes and money at \_\_\_\_\_
- I will open a savings account by \_\_\_\_\_ to increase my independence.
- Other things I can do to increase my independence include: \_\_\_\_\_
- I can keep change for my phone calls on me at all times. I understand that if I use my telephone credit card, the telephone bill will show my partner those numbers that I called after I left. I also understand that if I use my cell phone, my movements can be tracked through GPS systems.
- I will check with \_\_\_\_\_ and my advocate to see who would be able to let me stay with them or lend me some money.
- If I plan to leave, I won't tell my abuser in advance face-to-face, but I will call or leave a note from a safe place.

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**SAFETY IN MY OWN RESIDENCE. SAFETY MEASURES I CAN USE INCLUDE:**

- I can change the locks on my doors and windows as soon as possible.
- I can replace wooden doors with steel/metal doors.
- I can install additional locks, window bars, poles to wedge against doors, and electronic systems etc.
- I can install motion lights outside.
- I will teach my children how to make a collect call to \_\_\_\_\_ if my partner takes the children.
- I will tell people who take care of my children that my partner is not permitted to pick up my children.
- I can inform (neighbor) \_\_\_\_\_ that my partner no longer resides with me and they should call the police if he is observed near my residence.

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**SAFETY WITH A PROTECTION ORDER**

The following are steps that help the enforcement of my protection order.

- Always carry a certified copy with me and keep a photocopy.
- I will give my protection order to police departments in the community where I work and live.
- I can get my protection order to specify and describe all guns my partner may own and authorize a search for removal.

NOTES

