



SAFETY PLAN

One can never be too sure about safety. I recognize that I may need to ask the police, the court and/or other professionals for assistance in ensuring my safety. I also recognize that there are measures I can take to increase my safety in my residence and at my school/workplace.

Emotional & Physical Safety

- I can seek a protective order.
- I can report my victimization to law enforcement.
- I can talk to a counselor and/or attend a support group to address the impact this is having on me and my family.
- I can seek a medical professional to address any follow up concerns I have regarding my body.
- Other: _____

Safety on the job, at school and in public

- I can inform my boss, the security supervisor, my guidance counselor/school social worker, the School Resource Officer, etc of my situation.
- I can ask for help to screen my calls at work.
- I can call block the perpetrator’s number.
- I can refuse to return any emails, phone calls, texts, etc. from the perpetrator and report these contacts to law enforcement. Note: this is critical if there is a protective order in place and/or if charges have been filed b/c the defendant is to have no contact with the victim.
- I can ask for accompaniment to the parking lot and/or while waiting for the bus going to/from school/home/work.
- I can go to different grocery stores, banks, and shopping malls to conduct my business and at different hours from previous schedule.
- I can ask to be moved to a different school for my security and emotional well being.
- Other: _____

Safety in my residence: (to work on step by step)

- I can install security systems, such as more locks on my doors/windows, window bars, poles to wedge against the door, and electronic system, etc.
- I can purchase rope ladders to escape from the second floor; I can purchase smoke detectors and fire extinguishers for each floor.
- I can install outside lighting which comes on at the approach of a person.
- I can inform my children how to make a collect call if the defendant takes them.
- I can inform those who take care of my children that my former partner is not to pick them up.
- I can move to a new residence to lessen the possibility of contact with the defendant in order to be safe.
- If I move, I can apply for the Address Confidentiality Program.
- Other: _____

I understand that I identified these as possible safety measures and no one is making me do this.

Client signature: _____

Date: _____

Advocate signature: _____

Date: _____