

SAFETY PLAN WORKSHEET

Step 1: During an episode of violence

If I am in danger I can leave my house by _____ and go to _____. If I cannot safely leave my house I can call 911 with my _____ (Cell Phone, TTYL device, etc) from _____ (Location in Home). If I can't call 911 because the abuser is right there, I will call _____ and use the code word _____ that will let them know that I need immediate help. I have an extra set of car keys and house keys stashed in my _____. If I do not think I can safely leave or call anyone, I can _____ to calm my abuser down.



Step 2: When Leaving the Home

I keep extra copies of all important paperwork such as social security, birth certificate, social security card, guardianship paperwork, and other documents _____ (location). I have a bank account that my abuser does not know about and it's located at _____ (Name of bank). I have a _____ (Cell phone, calling card, etc) that my abuser does not know about. If I need to leave I know that I can stay _____ (Name of shelter, relative, etc) and I can call _____ (Advocate, relative, worker) at _____ (Telephone Number) when I need a safe place to stay. I have extra medications located at _____ (In house or out of home). I have all necessary devices related to my disability that I need, easily accessible if I need to leave my home.

Step 3: Safety at Home

I can do the following things to help keep my abuser out of my home (This may include changing locks, installing security devices, talking with local police, personal protection order, motion lights, talk with neighbors, etc).

Step 4: Concerns

I am concerned about the following barriers to getting out of my home safely (Please list).

