

DOMESTIC VIOLENCE PERSONALIZED SAFETY PLAN

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The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself and my children to safety.

★ **STEP 1: Safety during a violent incident.** *Women cannot always avoid violent incidents. In order to increase safety, battered women may use a variety of strategies.*

I can use some of the following strategies:

- A. If I decide to leave, I will go to the shelter or a friend's house.
(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)
- B. I can keep my purse and car keys ready and put them (location) in the basket in the front km. in order to leave quickly.
- C. I can tell my friend about the violence and request that she or he call the police if she or he hears suspicious noises coming from my house.
- D. I can teach my children how to use the telephone to contact the police, the fire department, and 911.
- E. I will use "im so tired lately" as my code with my children or my friends so they can call for help.
- F. If I have to leave my home, I will go to shelter or a friend's.
(Decide this even if you don't think there will be a next time.)
- G. I can also teach some of these strategies to some or all of my children.
- H. When I expect we're going to have an argument, I'll try to move to a place that is low risk, such as out front or backyard. (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)
- I. 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

★ **STEP 2: Safety when preparing to leave.** *Battered women frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that a battered woman is leaving a relationship.*

I can use some or all of the following strategies:

- A. I will leave money and an extra set of keys with my friend so I can leave quickly.
- B. I will keep copies of important documents or keys at my mom's.
- C. I will open a savings account by 9/25/2020, to increase my independence.
- D. Other things I can do to increase my independence include: paying my own bills, getting a job.

E. I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month's phone bill will show my batterer those numbers I called after I left. To keep my phone communications confidential, I must either use coins, or I might ask to use a friend's phone card for a limited time when I first leave.

F. I will check with my friend and my mom to see who would be able to let me stay with them or lend me some money.

G. I can leave extra clothes or money with mom.

H. I will sit down and review my safety plan every week in order to plan the safest way to leave the residence. Pam (domestic violence advocate or friend's name) has agreed to help me review this plan.

I. I will rehearse my escape plan and, as appropriate, practice it with my children.

STEP 3: Safety in my own residence. *There are many things that a woman can do to increase her safety in her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.*

Safety measures I can use:

A. I can change the locks on my doors and windows as soon as possible.

B. I can replace wooden doors with steel/metal doors.

C. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.

D. I can purchase rope ladders to be used for escape from second floor windows.

E. I can install smoke detectors and fire extinguishers for each floor of my house/apartment.

F. I can install an outside lighting system that activates when a person is close to the house.

G. I will teach my children how to make a collect call to me and to _____ (name of friend, etc.) in the event that my partner takes the children.

H. I will tell the people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:

- _____ (name of school)
- _____ (name of babysitter)
- _____ (name of teacher)
- _____ (name of Sunday-school teacher)
- _____ (name[s] of others)

I. I can inform _____ (neighbor) and _____ (friend) that my partner no longer resides with me and that they should call the police if he is observed near my residence.

⊛ **STEP 6: Safety and drug or alcohol use.** Most people in this culture use alcohol. Many use mood-altering drugs. Much of this is legal, although some is not. The legal outcomes of using illegal drugs can be very hard on battered women, may hurt her relationship with her children, and can put her at a disadvantage in other legal actions with her battering partner. Therefore, women should carefully consider the potential cost of the use of illegal drugs. Beyond this, the use of alcohol or other drugs can reduce a woman's awareness and ability to act quickly to protect herself from her battering partner. Furthermore, the use of alcohol or other drugs by the batterer may give him an excuse to use violence. Specific safety plans must be made concerning drugs or alcohol use.

If drug or alcohol use has occurred in my relationship with my battering partner, I can enhance my safety by some or all of the following:

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

B. If my partner is using, I can leave the premises until I know it's safe and/or go to a friend's house for the night.

C. To safeguard my children I might take them with me.

⊛ **STEP 7: Safety and my emotional health.** The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

A. If I feel down and am returning to a potentially abusive situation, I can remove myself from the situation and go see my counselor.

B. When I have to communicate with my partner in person or by telephone, I can be firm in what I want and need.

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

D. I can tell myself, "I deserve more than this and I am strong" whenever I feel others are trying to control or abuse me.

E. I can read self-help quotes and books to help me feel stronger.

F. I can call mum and my counselor for support.

G. I can attend workshops and support groups at the domestic violence program or go to therapy more often to gain support and strengthen relationships.

STEP 8: Items to take when leaving. When women leave partners, it is important to take certain items. Beyond this, women sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Money: Even if I never worked, I can take money from jointly held savings and checking accounts. If I do not take this money, he can legally take the money and close the accounts.