

Molly Sung 1,2,6,7

DOMESTIC VIOLENCE PERSONALIZED SAFETY PLAN

Name: Breanna Schoonover Date: 9/2/20

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 use the back door
(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 kitchen, under the cabinet, by back door in order to leave quickly.

C. I can tell Greg, or 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 simple gestures, or words 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 the church down the street
(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 go for a walk, visit in public 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 Greg, at his store so I can leave quickly.

B. I will keep copies of important documents or keys at my friend's apartment

C. I will open a savings account by the church, to increase my independence.

D. Other things I can do to increase my independence include: go on walks, visit w/ my friends, and include them in plan

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 the church 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 my friend.

H. I will sit down and review my safety plan every day in order to plan the safest way to leave the residence. My advocate, Julie (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 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 legal actions with her battering partner. Therefore, women can put her at a disadvantage in other legal actions with her battering partner. 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 gather my things
and/or Follow my safety plan

C. To safeguard my children I might leave and not return.

- ✓ **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 call the hotline or go to the shelter to protect myself and my baby.

B. When I have to communicate with my partner in person or by telephone, I can see if he has been drinking or is mad, then decide if he should talk

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

D. I can tell myself, "that I don't deserve to be treated this way
whenever I feel others are trying to control or abuse me.

E. I can read my safety plan to help me feel stronger.

F. I can call safeline hotline and ask for support.

G. I can attend workshops and support groups at the domestic violence program or Domestic violence shelters 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.