



PERSONAL SAFETY PLAN

If you have been in an abusive relationship, having a safety plan can be crucial to your well-being. Thoughtfully consider and complete the following statements to determine how you will deal with challenging or threatening situations when they arise.

1. When I talk to my abuser in person, I can...

2. When I talk to my abuser on the phone, I can...

3. To discreetly alert my family, coworkers, neighbors, teachers and/or friends when I am in danger, I will use a code word so they can know when to get help for me. My code word is _____.

4. When feeling threatened, I will try to move to a place where I have the least chance of getting hurt, such as...

5. I will tell my family, coworkers and/or friends about my situation so that they are aware. I feel safe telling...

6. I have the right not to receive harassing phone calls. I can use voicemail or ask my co-workers, friends or family members to screen my calls and visitors. To help screen my calls, I'll ask...

7. I will keep my cell phone fully charged or ask to make a call from someone else's phone.

8. To protect myself, when leaving work I can...

9. To protect myself, if problems occur when walking, riding or driving home, I can...
