

## *Planning for Your Safety*

This worksheet provides a brief overview of steps you can take to increase your personal safety in an unsafe relationship. You can seek out additional support and guidance in preparing your safety plan by calling a 24/7 hotline, like MA SafeLink at **1-877-785-2020**. They can refer you to domestic violence programs, as well as provide resources for immediate and long-term housing, support groups, and one-on-one support.

***No one deserves to be abused. You can find help and support for yourself. Remember that you are the expert about your own life. Don't let anyone talk you into doing something that's not right for you.***

### **In the Relationship:**

- I can have important phone numbers available to my children and myself (see list below).
- I can tell \_\_\_\_\_ and \_\_\_\_\_ about the violence and ask them to call the police if they hear suspicious noises coming from my home.
- I can leave extra money, car keys, clothes, and copies of documents with \_\_\_\_\_.
- I can keep a working cell phone or burner phone with me at all times.
- I can open my own savings account.
- I can teach my children how to use the phone to call the police, fire department, and 911.
- I can use \_\_\_\_\_ as a code word with my children or friends so they know to call for help.
- If I have to leave my home, I can go to \_\_\_\_\_ (decide this even if you don't think there will be a "next time").

### **Leaving the Relationship:**

- I can review my safety plan and/or plans for leaving the relationship with \_\_\_\_\_.
- I can bring critical items for myself and my children (see checklist below).
- When I leave with my children, we can go to \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.
- I can review and practice my escape plan with my children.

### **When the Relationship Is Over:**

- I can change the locks on my doors and windows as soon as possible.
- I can install steel/metal doors, a security system, and an outside lighting system.
- I can inform \_\_\_\_\_ and \_\_\_\_\_ that my partner no longer lives with me and ask them to call the police if he is observed near my home or my children.
- I can tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- I can teach my children to call me and/or 911 in the event that my partner takes my children.
- I can tell \_\_\_\_\_ at work about my situation and ask him/her to screen my calls.
- I can avoid stores, banks, other establishments that I used when living with my abusive partner.
- I can obtain a protective order. I can keep it on or near me at all times as well as leave a copy with \_\_\_\_\_. I can inform my employer, friends, and those close to me that I have an order of protection in effect. I can give a copy of it to police departments in the communities where I live, work, and visit family/friends.
- If I feel ready to return to a potentially abusive situation, I can call \_\_\_\_\_ for support or attend workshops and support groups to gain support and strengthen my relationships with other people.

## Important Phone Numbers:

Write down the following numbers and keep them with you:

- |   |                     |                     |
|---|---------------------|---------------------|
| ○ Police: 911 or<br>_____                       | ○ Family:<br>_____  | ○ Doctor:<br>_____  |
| ○ MA SafeLink Hotline:<br><u>1-877-785-2020</u> | ○ Shelter:<br>_____ | ○ Friends:<br>_____ |

## Items to Take Checklist:

- |   |   |
|---|---|
| ○ Identification                            | ○ Passport(s), Green Card(s), work permits      |
| ○ Birth certificates for me and my children | ○ Divorce papers                                |
| ○ Social Security cards                     | ○ Lease/rental agreement, house deed            |
| ○ School and medical records                | ○ Mortgage payment book, current unpaid bills   |
| ○ Money, bankbooks, credit cards            | ○ Insurance papers                              |
| ○ Keys – house/car/office                   | ○ Address book                                  |
| ○ Driver's license and registration         | ○ Pictures, jewelry, items of sentimental value |
| ○ Medications                               | ○ Children's favorite toys and/or blankets      |
| ○ Change of clothes                         |   |
| ○ Welfare identification                    |   |

## Notes:

***Keep this document in a safe place and out of the reach of your partner.***

*Adapted from The Second Step's "Suggestions for Increasing Safety" and The National Center on Domestic and Sexual Violence's "Domestic Violence Personalized Safety Plan"*