

SAFETY PLANNING WORKSHEET

I can tell _____ about the abuse and ask them to call the police if they hear sounds of a violent attack, coming from my house.

If violence and abuse is occurring, or is likely to occur, I can move within my home to _____ (a room with easy access to an exit- don't choose the kitchen, bathroom or near possible weapons.)

The quickest/safest route out of my home is

The quickest/safest route out of my workplace is

I have told my child/ren to get out of the room/leave the house/run to _____ for help in an emergency.

I will use this code word _____ for my children, friends, or family to call for help.

If I decide to leave, I will go to _____ as I will feel safe there.

I will keep my purse and car keys _____ in order to leave quickly.

I can pack an emergency bag and keep important documents (birth and marriage certificates, passports, medical cards, benefit books, bank books, rent/mortgage details, driving license, car registration documents, details of car insurance, immigration documents) or copies of them leave it at _____ so I can leave quickly.

I will consider opening a bank account at _____ to increase my ability to leave, if I so choose.

I can stay with _____ (PH-(_ _ _) _ _ _ - _ _ _ _) in an emergency

I can borrow money from _____ (PH-(_ _ _) _ _ _ - _ _ _ _) in an emergency

I will review my safety plan every _____ in order to review whether it is still working for me.

I can ask trusted coworkers or neighbours that know my ex-partner to inform me if they see them anywhere near my work or home

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I can install a motion activated lighting system that lights up when someone approaches my home.

I will tell the people who care for my child/ren, who has permission to pick up them up and if my partner is NOT allowed to. I can provide court orders /police documents to prove this to empower them.

I will keep copies of these court orders /police documents safe in case I need them in an emergency. I will keep them _____

I can change my mobile phone number by calling my provider _____ or change providers if it feels safer.

I will stop using joint accounts and close them or remove my name as soon as is possible

I will explain to my children that it's important to keep where we live private

I can tell my boss, security, and _____ at work about this situation.

I can change my e-mail address, and if it is possible, screen out e-mails from my abuser etc.

I will shop at different grocery stores & malls and at different times than I did when I was with my partner.

I will use a different bank and bank at different hours than I did when I was with my partner.

I will change passwords & security questions on my internet accounts including banking & social media.

I will change any regular appointments that my partner knows about

Always keep your safety plan safe and never leave it where it could be found by your abuser. Share this safety plan with a trusted friend or family member, and also with trusted agency workers you are in contact with. If you are comfortable to do so then give them a copy and then they can work with you to help keep you safe.