

PERSONALIZED SAFETY PLAN

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 will use some or all of the following strategies:

- A. If I decide to leave, I will _____
(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)
- B. I will keep my purse and car keys ready and put them (place) _____
_____ in order to leave quickly.
- C. I will tell _____ and _____
_____ about the violence and request they call the police if they hear suspicious noises coming from my house.
- D. I will teach my children how to use the telephone to contact the police and medical help. I will make sure that they know our address and other important information in case they need to call for help.
- E. I will use _____ as my code word/phrase with my children and my friends so they can call for help.
- F. I will teach and practice with my children to run to _____
_____ or _____ (nearby) if violence occurs in order to seek help.
- G. If I have to leave my home, I will go _____
(Decide this even if you don't think there will be a next time)
If I cannot go to the location above, then I will go to _____
_____ or _____
- H. I will also teach some of these strategies to my children.
- I. If an argument occurs, I will try to move to a space that is lowest risk, such as _____ (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door)

- J. I will use my judgement 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 are out of danger.

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 will use some or all of the following safety strategies:

- A. I will leave money and an extra set of keys with _____ so I can leave quickly.
- B. I will keep copies of important documents or keys at _____.
(Electric Safety Deposit Boxes are available through the Family Justice Center free of charge and can be stored at the center in a secure location)
- C. I will open a savings account by _____ to increase my independence.
- D. Other things I can do to increase my independence include: _____

- E. The Domestic Violence Program’s hotline numbers are 459-4779 for the AAFV, 353-7025 for the WCA, and 1-800-669-3176 for the Idaho Domestic Violence Hotline. I can seek emergency shelter by calling any of these hotlines.
- F. Emergency 911 cell phones are available through the Family Justice Center, if you don’t have one available. I will keep my cell phone charged and with me at all times.
Emergency numbers (I will try to memorize at least 2):
 - 1. _____
 - 2. _____
 - 3. _____
- G. I will check with _____

And _____ to see who would let me stay with them or lend me money, if needed.

H. I will leave an emergency bag with _____ (see page 4 for suggested bag content)

I. I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence. _____ (Victim Witness Coordinator or friend) has agreed to help me review my plan.

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

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

SUGGESTED BAG CONTENTS

1. Change of Clothing (for you and children)
2. Copies of Keys (house, car, etc.)
3. Copy of Protection Order
4. Debit Card, Credit Cards, Checks
5. Cash
6. Photo ID (Passport, Green card, etc...)
7. Work permit
8. Birth certificates (you and children's)
9. Social security cards (you and children's)
10. Spare eyeglasses/contacts
11. 7 day supply of medications (most medications can be filled 7 days early)
12. Baby's things (diapers, formula, medication)
13. A comforting toy/stuffed animal for each child
14. Non-perishable snacks for you and your children (e.g. juice and crackers)

These can all be kept on a Flash Drive

(Available free of charge through Nampa Family Justice Center)

15. Important Medical records
16. Marriage/ Divorce Certificates
17. Address/Phone book
18. Copies of insurance policies
19. Important legal documents
20. Children's immunization records (if not kept through doctor's office)
21. Lease/Deed
22. Your partner's social security number
23. Important phone numbers, including Emergency Shelters and family numbers

STEP 3: Safety with a Protection Order Many batterers obey orders, but one can never be sure which violent partner will obey and which will violate protection orders. I recognize that I may need to ask the police and the courts to enforce my protection order.

The following are some steps that I will take to help the enforcement of my protection order.

- A. I will keep my Protection Order (location) _____
(always keep it on or near you, if you change purses, that's the first thing that should go in it)
- B. I can call the Victim Witness Coordinator if I am unsure of anything or have problems with my Protection Order.
- C. I will inform my employer, closest friend, daycare/school, and _____
_____ that I have a Protection Order in effect and will provide them with a copy.
- D. If my partner destroys my protection order, I will get another copy from Clerk's office at courthouse.
- E. If my partner violates the Protection Order I will contact the police and report it right away.

STEP 4: Safety in My Own Residence There are many things that a woman can do to increase her safety in her own house. It may be possible to do everything at once, but safety measures can be added step by step.

Safety measures I can use include:

- 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, and an electronic system, etc.
- D. I can purchase rope ladders to be used for escape from a second floor window.

- E. I can purchase fire extinguishers and install smoke detectors on each floor in my home (free smoke detectors are available through the Nampa Fire Department, call 468-5770 for details)
- F. I can install an outside motion activated lighting system.

STEP 5: Safety on the Job and in Public every woman must decide for herself if and when she will tell others about the risk she may be in. Each woman should consider carefully which people to help her secure her safety.

I might do the following:

- A. I can inform my boss, the security supervisor and _____
_____ at work of my situation.
- B. I can ask _____ to help screen my
phone calls at work.
- C. When leaving work I can _____
_____ for precaution.
- D. When driving home if problems occur I can _____

- E. If I use public transit I can _____

- F. I can use different grocery/retail stores and shopping hours then those I used when residing with my partner.
- G. I can use a different bank and banking hours then those I used when I resided with my partner.
- H. I can also _____

STEP 6: Safety and Drugs or Alcohol Use Using or possessing illegal drugs could result in my arrest (my abuser might tell on me to get me in trouble). It can also hurt my relationship with my children and put me at a disadvantage in other legal actions concerning my abuser and/or child custody. The use of alcohol or drugs can

also reduce my ability to act quickly to protect myself and my children from my abuser. Therefore a woman needs to make specific safety plans.

If drugs or alcohol use has occurred in my relationship I can enhance my safety by the following:

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

- C. If my partner is using, I can _____

- D. To safe guard my children, I will _____

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 for yourself takes courage and incredible energy.

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

- A. If I feel down and ready to return to my abuser I will _____

- B. If I have to communicate with my abuser in person or by phone I will _____

- C. I will use “I can ...” statements with myself and to be assertive with others.

- D. I will tell myself _____
 _____ whenever I feel others are trying to control
 or abuse me.
- E. I will read _____
 to help me feel stronger.
- F. I will call _____ and _____
 _____ for continued support.
- G. Other things I will do to help me feel stronger are _____

- H. I can attend workshops and support groups on Domestic Violence by
 contacting the Family Justice Center 475-5700, AAFV 459-6330, or WCA
 343-3688 to gain support and strength.

Important Numbers

<u>Department</u>	<u>NAME</u>	<u>NUMBER</u>
Non–Emergency Police	Dispatch	465-2257
My Victim Witness Coordinator		
Prosecutor’s Office		454-7391
Domestic Violence Hotline	Idaho	800-669-3176
Local Emergency Shelter	Hope’s Door	459-4779
Emergency Shelter	WCA Boise	343-7025
Family Justice Center		475-5700