



## PERSONAL SAFETY PLAN

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

I do not have control over my abuser's violence, but I do have a choice about how to respond and keep myself (and children) safe. This is my personal plan.

**INSTRUCTIONS:** Read through each of the steps in the safety planning worksheet. For each item, decide if it is something that you would be able to do; given your individual situation. Also, consider if each item would be beneficial to your situation or not. Place a check mark, or X, beside each item that you believe would be helpful and that you are able to complete.

### STEP 1: SAFETY IN MY OWN RESIDENCE (Check all desired items)

(Whether my abuser lives or has ever lived with me, these are some things I can do to keep safe)

- ☐ I can change the locks, or ask my landlord to change the locks on my doors and windows as soon as possible
- ☐ I can replace wooden doors with steel/metal doors, or ask my landlord to do this for me
- ☐ I can install security systems, extra locks, window bars, poles to wedge against doors or electronic monitoring systems
- ☐ I can plan ways to safely escape from a second floor or ways to barricade myself in as single room for safety where I can call the police and wait for them to arrive
- ☐ I can install smoke detectors and fire extinguishers on each floor, or have my landlord do so
- ☐ I can install outside lighting that turns on when a person is close to the house, or I can ask my landlord to improve the outdoor lighting
- ☐ I will tell my children's caregivers the names of people who have permission to pick them up and that my abuser is not permitted to do so. I will inform the following people: \_\_\_\_\_.

☐ I will inform a friend and neighbor that my abuser does not live with me anymore and they should call the police if they are seen near the house. I will provide them with a picture/description. I will inform the following people: \_\_\_\_\_.

### STEP 2: SAFETY DURING A VIOLENT INCIDENT (Check all desired items)

(If I have already left my abuser, I will complete this section in case I return or get into a similar situation)

- ☐ If I decide to leave, I will go to \_\_\_\_\_.
- ☐ I can keep my purse or wallet and car keys (where?) \_\_\_\_\_ in order to leave quickly.
- ☐ I can tell the following people \_\_\_\_\_ about the violence and request they call the police if they hear suspicious noises coming from my home.
- ☐ I will teach my children how to use the phone to contact the police, fire department, 911 and \_\_\_\_\_.

- ☐ I will use the following codeword \_\_\_\_\_ with my friends, family and children.  
If I say or text them this word, they will know to call the police.
- ☐ When I expect we're going to have an argument, I'll try to move to a place that is low risk and away from possible weapons, such as \_\_\_\_\_.

**STEP 3: SAFETY WITH A PFA ORDER** (Check all desired items)

*Many abusers obey protection orders, but others may not. I recognize that I may need to ask the police and the courts to enforce my protection order.*

(If I am not currently interested in obtaining a PFA, I know that I can obtain one in the future at the locations listed below and will continue to Step 4 of my safety plan)

- ☐ I will file a petition for a PFA at my county's PFA office. The information for my county is:

Washington County

Fayette County

Greene County

724-223-8349

724-562-7016

724-852-2463

Washington Courthouse

45 E. Main Street, Uniontown

63 S Washington Street Waynesburg

- ☐ I will always keep my PFA with me and will give my PFA to the following police departments where I work, live and visit:

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- ☐ I will inform my employers, spiritual leaders, family and friends that I have a PFA.
- ☐ If my abuser destroys my PFA, I can get another copy from the Clerk's Office in Fayette and Greene Counties. In Washington County, I can go to the Prothonotary's Office.
- ☐ If my abuser violates my PFA, I can call the police to report the violation.
- ☐ If the police do not help, I can contact an advocate or attorney and file a complaint with the chief of police.
- ☐ If I would like support or accompaniment to the PFA hearing, I can have an advocate come with me or I can ask a friend.

**STEP 4: SAFETY AND DRUG/ALCOHOL USE** (Check all desired items)

(If drug or alcohol use has occurred in my relationship, I can make plans to increase my safety. If drugs or alcohol have not been part of my relationship, I will continue to Step 5)

- ☐ If I am going to use, I can do so in a safe place with people who understand the risk of violence and are committed to my safety
- ☐ If my abuser is using, I can keep myself/children safe by: \_\_\_\_\_.

- ☐ To safeguard my children, I will: \_\_\_\_\_.

**STEP 5: SAFETY ON THE JOB AND IN PUBLIC** (Check all desired items)

**If Employed:**

- ☐ I will inform my boss and building security supervisor of my situation.
- ☐ I will request for my phone calls to be screened at work.
- ☐ When leaving work, I will stay safe by: \_\_\_\_\_.

**In Public:**

- ☐ If I use public transit, I will stay safe by: \_\_\_\_\_.

☐ I will go to different grocery stores, banks and malls. I will shop at different hours than I did when I was with my abuser. I will also travel using different routes than I would usually use.

**STEP 6: ELECTRONIC SAFETY** (Check all desired items)

- ☐ I will not say or do anything online that I wouldn't in person.
- ☐ I will set all online profiles to be as private as they can be.
- ☐ I will save any abusive, threatening or harassing comments, posts or texts.
- ☐ I will change my online passwords.
- ☐ I will never give my password to anyone.
- ☐ If the abuse/harassment does not stop, I will change my usernames, emails or cell phone number.
- ☐ I will not answer calls from unknown, blocked or private numbers.
- ☐ I will check my phone and delete any possible GPS tracking apps.
- ☐ I can see if my phone carrier or a third party app (through iTunes Store or Google Play) can block my abuser's number from calling me.
- ☐ I will not communicate with my abuser via technology. I know that any form of communication could be saved and possibly used against me in the future.
- ☐ I will be careful about what I post on social media. I will avoid posting my location and will turn off geo-tags.

**STEP 7: EMOTIONAL HEALTH** (Check all desired items)

*The experience of domestic violence can be exhausting and draining. The process of building a new life takes courage and incredible energy.*

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

- ☐ If I feel down and decide to return to a potentially abusive person, I can: \_\_\_\_\_.
- ☐ When I have to communicate with my abuser in person or by phone, I can: \_\_\_\_\_.
- ☐ I will use "I can..." statements with myself and be appropriately assertive with others.
- ☐ When I feel like others are trying to control me, I can tell myself: \_\_\_\_\_.
- ☐ To help myself feel stronger, I can read \_\_\_\_\_.
- ☐ When I need support, I can call \_\_\_\_\_.
- ☐ To gain support and strengthen relationships, I can attend workshops and support groups. To obtain a current list of local domestic violence support groups, I can call the DVSSP helpline (phone numbers provided below). For other types of support groups, I can dial 211.

### **STEP 8: ITEMS TO TAKE WHEN LEAVING**

*When leaving, it is important to take certain items. In addition to this, it can be helpful to give an extra copy of papers and an extra set of clothing to a friend just in case you must leave quickly.*

Money: It's important to get cash from my accounts and use cash because my debit and credit card could be traced.

The items below are the most important things that I need to take with me. If I have time, I can store these outside the home. I will place them in one location so that if I leave in a hurry, I can grab them quickly.

ID	Children's Birth Certificates	My Birth Certificate
Money	School/vaccine records	Credit Cards
Checkbook	Debit Card	Keys
Drivers License	Medications	Copy of PFA
Access Card	Work Permit/Green Card	Passport

Other items I may want to take are:

sentimental items, divorce papers, photos, jewelry, medical records, favorite children's toy, blankets

### **PHONE NUMBERS I NEED TO KNOW:**

Police/Sheriff: 911

DVSSP Helpline:

Washington County: 724-223-9190 Toll Free: 1-800-791-4000

Greene County: 724-852-2463

Fayette County: 724-439-9500

National Domestic Violence Hotline:

800-799-SAFE (7233) or 800-787-3224 (TTY)

United Way Southwestern PA Referral Line: 211

**I WILL KEEP THIS DOCUMENT IN A SAFE PLACE AND OUT OF THE REACH OF MY ABUSER.**

REVIEW DATE: \_\_\_\_\_