

PERSONALIZED SAFETY PLAN

Suggestions for increasing safety in the relationship:

- ★ I will have the following important phone numbers available to my children and myself:
- ★ I can tell the following people about the violence, and ask them to call the police if they hear suspicious noises coming from my home:
- ★ If I leave my home, I can go (list four places):
- ★ I can leave extra money, car keys, clothes, and copies of documents with:
- ★ To ensure safety and independence, I can:
 - keep change for phone calls with me at all times
 - open my own savings or checking account
 - rehearse my escape route with a support person
 - review my safety plan often

Suggestions for increasing safety when the relationship is over:

- ★ I can change the locks, install steel/metal doors, install a security system, smoke detectors and an outside light. I will do the following:
- ★ I will inform the following people 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 will tell the people who take care of my children the names of those who have permission to pick them up. The following people have permission to pick up my children:
- ★ I can tell the following people at work about my situation:
- ★ I can ask the following person at work to screen my calls:

- ★ I can avoid the following places that I used to go to when living with my abuser:

- ★ I can obtain a protective order from:

- ★ I can keep my protective order on me at all times. I will also leave a copy of it with:

- ★ If I feel down and ready to return to a potentially abusive situation, I can call the following people for support:

Important Phone Numbers

Police	_____	Ambulance	_____
Hotline	<u>1-800-650-6522</u>	Physician	_____
Friend	_____	Friend	_____
Shelter	_____	Counselor	_____

Items to Take Checklist

- | | |
|---|---|
| <input type="checkbox"/> Drivers License | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Social Security Card | <input type="checkbox"/> Medical Records |
| <input type="checkbox"/> Welfare Identification | <input type="checkbox"/> Divorce Papers |
| <input type="checkbox"/> School Records | <input type="checkbox"/> Address Book |
| <input type="checkbox"/> Car Registration | <input type="checkbox"/> Small, Saleable Items |
| <input type="checkbox"/> Your Birth Certificate | <input type="checkbox"/> Jewelry |
| <input type="checkbox"/> Your Children’s Birth Certificates | <input type="checkbox"/> Pictures |
| <input type="checkbox"/> Money | <input type="checkbox"/> Child’s Favorite Toys/Dolls/Blankets |
| <input type="checkbox"/> Leave, Rent agreement, Deed | <input type="checkbox"/> Work Permit |
| <input type="checkbox"/> Check Books | <input type="checkbox"/> Green Card |
| <input type="checkbox"/> Credit Cards | <input type="checkbox"/> Passport |
| <input type="checkbox"/> Insurance Papers | <input type="checkbox"/> Personal Treasures |
| <input type="checkbox"/> Keys – House, Car, Office | |

STATEWIDE DOMESTIC VIOLENCE HOTLINE #: 1-800-650-6522
Alabama Coalition Against Domestic Violence Website: www.ACADV.org