

# DV/SA Personalized Safety Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

I will review this safety plan every: \_\_\_\_\_

Code word: \_\_\_\_\_

## Step 1: Safety When Preparing to Leave

- I can trust this person(s) to leave (*money, keys, extra clothes, important documents, etc.*) with: \_\_\_\_\_
- I can open a savings account separate from my assailant at this bank:  
\_\_\_\_\_
- I can make a plan to stay with this person(s) if I feel unsafe: \_\_\_\_\_  
\_\_\_\_\_
- I can check with this person(s) to see if they will lend me money: \_\_\_\_\_  
\_\_\_\_\_

## Step 2: Safety During a Violent Incident At Home (If Assailant Lives in Household)

- If I decide to leave, I will go to: \_\_\_\_\_
- I will keep my (*keys, wallet, purse, etc.*) here: \_\_\_\_\_
- I will keep a bag of necessities (*clothes, pajamas, hygiene products, money, etc.*) for my children and I hidden here: \_\_\_\_\_
- I can tell the following neighbor(s) about the violence and request that he/she call the police if they hear suspicious noises coming from my house:  
\_\_\_\_\_  
\_\_\_\_\_
- I will get out of the house safely by (*think of all escape scenarios*):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- I will do this to ensure the safety of my children: \_\_\_\_\_  
\_\_\_\_\_
- I have taught my children to call 911 if there is an emergency: Yes \_\_\_ No \_\_\_

- I have rehearsed this plan with my children: Yes \_\_\_ No \_\_\_
- When I expect there will be an argument, I will move to this area of the residence/property where there is a better chance of someone hearing the violence: \_\_\_\_\_

### **Step 3: Safety in My Own Residence** **(If Assailant Does Not Live In Household)**

- If I decide to leave, I will go to: \_\_\_\_\_
- I will keep my (*keys, wallet, purse, etc.*) here: \_\_\_\_\_
- I can let the following neighbor(s) know to call the police if my assailant is observed near my residence: \_\_\_\_\_
- I will get out of the house safely by (*think of all escape scenarios*): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- I will do this to ensure the safety of my children: \_\_\_\_\_  
\_\_\_\_\_
- I will let the following person(s) know who is and is not permitted to pick up my children (NOTE: *Make sure to include school principal, school office staff, teachers, childcare workers, babysitters, etc.*):  
\_\_\_\_\_  
\_\_\_\_\_
- I have taught my children to call 911 if there is an emergency: Yes \_\_\_ No \_\_\_
- I have rehearsed this plan with my children: Yes \_\_\_ No \_\_\_
- When I expect there will be an argument, I will move to this area of the residence/property where there is a better chance of someone hearing the violence: \_\_\_\_\_
- These are measures I can take in my residence to ensure the safety of my children and myself:
  - Change locks on ALL doors/windows (*consider chain locks and metal door security guards*)
  - Install car alarm
  - Replace wooden doors with steel doors

- Install security systems/cameras/lighting systems (*this includes electronic systems, window bars, poles for doors, etc.*)
- Install rope ladders to escape if my house/apartment is a 2-story building
- Install smoke detectors/fire extinguishers for each floor of my house/apartment

### **Step 4: Safety With An Order of Protection (PPO, TRO, etc.)**

- I will keep my order of protection with me in this location:  
\_\_\_\_\_
- I will give my order of protection to the following police departments and to my place(s) of employment:
  - Police departments: \_\_\_\_\_
  - Place(s) of employment: \_\_\_\_\_
- I will inform the following people that I have an order of protection in effect (*consider employer, co-workers, parents, family, close friends, neighbors, pastor/priest/minister/rabbi etc.*):  
\_\_\_\_\_  
\_\_\_\_\_
- Things to remember:
  - If my assailant destroys my order of protection, I can get another copy from the clerk's office at the courthouse in which the protection order was issued.
  - If my assailant violates the order of protection, I can call the police and report the violation.
  - If the police do not help, I can contact an advocate or attorney to file a complaint with the sheriff or chief of the police department.

### **Step 5: Safety on the Job and in Public**

- I can inform the following people at work of what is going on:  
\_\_\_\_\_

- When walking out of work, I can do the following to keep myself safe (*ex: Consider asking for an escort out to your car, taxi, bus, etc. or having an employer/employee keep an eye on you while you leave*):

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- If I feel unsafe driving home, I can: \_\_\_\_\_

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- If I am in a store and I am feeling unsafe, I can: \_\_\_\_\_

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- If I encounter my assailant while I am walking/running/exercising, I can: \_\_\_\_\_

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- If I am out in a bar or restaurant and I am feeling unsafe, I can: \_\_\_\_\_

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- Tips:

- Conduct your shopping times different than that of your partner and at different places.
- Consider switching banks and creating your own account separate of your assailant.
- Never leave your drink unattended in a bar/restaurant.
- If you are feeling unsafe in a bar/restaurant, inform the bartender/staff to assist you.
- Do not walk home alone.
- Consider downloading a safety app. on your cell phone.
- If you will be using drugs/alcohol, be mindful of the amount you are consuming as this can affect your cognitive ability.
- Be mindful of your surroundings and trust your gut feelings.
- Remember, your voice is your most powerful weapon.

## Step 6: Safety and My Emotional Health

- The following are warning signs (*thoughts, moods, physical symptoms, behaviors, etc.*) in myself that a crisis may be developing: \_\_\_\_\_

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- These are things I can do to take my mind off of the stressor without contacting another person: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- If a crisis develops and I have decided to ask for help, these are the people I can ask to help me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Step 7: Items to Take When Leaving

- The following are items that are the most important to take with when leaving the residence. These items may be best placed in one location, so that if we have to leave, I can grab them quickly.
  - Personal Identification (ID/Driver's License)
  - Car insurance & car registration
  - Birth certificate(s) (my children and myself)
  - School & vaccination records
  - Checkbook/debit card/credit card
  - Key (house, car, office, etc.)
  - Medications (my children and myself)
  - Social security cards (my children and myself)
  - Money
  - Welfare identification/work permit/green card
  - Copy of protection order
- The following items are things that can be taken if there is time. I can always contact an advocate at my local shelter to inquire about receiving assistance in contacting local law enforcement to escort me into my home to gather more of my belongings:
  - Passport(s) (my children & myself)
  - Divorce papers
  - Lease/rental agreement, house deed, mortgage payment book
  - Bank books, insurance papers

- Address book
- Items of sentimental value (pictures, jewelry, children's favorite toys/blankets, etc.)

## **Step 8: Important Telephone Numbers:**

- **Emergency Line:** Dial 9-1-1
- **Ironwood Public Safety Department:** 906-932-1234
- **Gogebic County Sheriff's Department:** 906-667-0203
- **Michigan State Police Department:** 906-229-5372
- **Marenisco Police Department:** 906-787-2300
- **Hurley Police Department:** 715-561-2345
- **Iron County Sheriff's Department:** 715-561-3800
- **DOVE, Inc. Crisis Line:** 800-711-6744  
906-932-0310
- **DOVE, Inc. Text Line:** 906-285-1636
- **Gogebic County Prosecutor's Office:** 906-667-0471
- **Iron County District Attorney's Office:** 715-561-5671
- **Other numbers I need to know:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_