

Domestic Violence Safety Plan

Name:	Date:
Gender:	Age:

This worksheet is a tool to help you develop a personalized plan to enhance your safety and well-being. It is designed to guide you in identifying risks, planning responses, and securing resources tailored to your specific needs.

Keep the completed worksheet in a secure place where it cannot be accessed by anyone who may pose a threat. Regularly review and update your plan as your circumstances change.

Key safety tips

- **Trust your instincts:** You know your situation and your abuser's behavior better than anyone. Trust your judgment when assessing danger and making decisions to protect yourself and your loved ones.
- **Plan ahead:** Identify safe places in your home and within your community where you can go during emergencies. Choose areas with easy access to exits and avoid confined spaces such as kitchens or bathrooms where weapons may be present.
- **Keep essentials ready:** Pack an emergency bag with your essentials and store the bag in a secure but accessible location for quick departure.
- **Set up a support network:** Inform trusted friends, family, or neighbors about your situation. Share a code word or emergency signal to alert them if you are in danger. Neighbors can also be asked to call the police if they hear signs of a disturbance.
- **Plan for financial independence:** Open a bank account in your name and use a separate mailing address if possible. Secure extra cash, copies of important financial records, and spare keys with a trusted person.
- **Secure communication and privacy:** Protect your digital privacy by:
 - Regularly updating passwords for devices and online accounts.
 - Using private browsing or incognito mode for sensitive searches.
 - Avoiding sharing personal information or location details on social media.
- **Practice your safety plan:** Regularly review and rehearse your plan, including escape routes and emergency signals. This ensures you and your family can act quickly and confidently if needed.
- **Seek help:** Reach out to local domestic violence hotlines or organizations for guidance, emotional support, and resources such as safe shelters or legal assistance.

Warning signs or triggers

Identify the triggers or events that typically precede violent episodes.

--

Emergency contacts

People I can contact in times of emergency or for support.

Trusted friends or family members:

Name:

Phone:

Name:

Phone:

Name:

Phone:

Name:

Phone:

Emergency services (e.g., police, fire):

Crisis hotline:

Safe places and escape routes

These are areas with easy access to windows or doors leading outside. Avoid confined spaces like bathrooms or areas with potential weapons, such as kitchens.

Option 1:

Option 2:

Other:

Primary exit routes from my home (e.g., front door, window):

Route 1:

Route 2:

Backup escape routes in case primary exits are blocked:

Route 1:

Route 2:

Safe place to meet with family or trusted individuals if separated:

Location:

Back-up location:

Code words and signals

Establish a code word or signal for help.

Code word to alert trusted individuals that I'm in danger:

Signal or action that indicates I need immediate assistance:

Emergency bag checklist

This bag is meant for a quick departure in an emergency. While you may be able to return home with police or another trusted person, having these essentials packed ensures you are prepared to leave immediately if needed.

Essentials to pack:

- Identification documents (e.g., ID, passport)
- Medications and prescriptions
- Money, credit/debit cards, financial records
- House and car keys
- Clothing and personal hygiene items
- Comfort items for children (e.g., toys, blankets)
- Copies of important legal documents (e.g., custody orders, protection orders)

Prepaid phone or additional phone charger

Other essential items (*specify below*):

Where I will store my emergency bag:

Additional notes