

Personalized Safety Plan



A safety plan is a personalized, practical plan for where to go, what to do, and who to call when someone is threatening your safety. When we're in crisis, our brains often have trouble processing information, so planning ahead can help you know what to do in an emergency.

This plan is for you! Take the parts that work for your life and leave the rest. You may wish to share this plan with one or two trusted people and keep it in a private place.

Abuse, violence, stalking, and harassment is never your fault. You deserve safety and respect.

Warning Signs



What usually happens before this person uses abusive behavior? Are there signs that clue you in that they may be about to use abusive behavior? Brainstorm tactics you can use to help keep yourself safer when you notice these signs.

Examples:

Warning sign: My partner gets loud and physically threatening when drunk.

Tactic: When I know my partner is going to the bar for the night, I can send the kids to my sister's house so they don't wake up and get scared when my partner comes home.

Warning sign: When this person mutters curse words under their breath, I know they're going to start to yell or hit soon.

Tactic: When I notice this happening, I can try to leave the house for a walk, stay in another room with the door closed, go for a drive, or have someone pick me up.

Warning signs for the situation:

1. _____

2. _____

3. _____

Tactics to keep myself safer:

1. _____

2. _____

3. _____

Emergency Contacts



24/7 Numbers: Emergency & Crisis Response

- 911 - If I need police, ambulance, fire department, or other emergency responders.
- VPC: 218-387-1262 or 218-387-1237 - If I need support, safety planning, safe housing, & more.
- Grand Portage Human Services: 218-475-2166 - If I need advocacy, support, safety
- Cook County Mental Health Response: 844-772-4724 - If I need mental health support or crisis response.
- Day One MN: 1-866-223-1111 - If I need access to shelter or other supports. Interpreters are available.
- Asian Women United: 612-724-8823 - Hmong, Cambodian, Vietnamese, Hindi, Japanese support line.
- Esperanza United: 651-772-1611 - Español y English support line.

If I feel confused, depressed, or scared I can call these people/hotlines for support:

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

In an emergency, I can call these people/organizations to help me, pick me up, or increase my safety:

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Preparing to Leave



In an emergency / if I feel unsafe in my home, four safe places I can go to are:

1. _____

2. _____

3. _____

4. _____

If I need to leave, I will: (brainstorm how to leave safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)

I can store these items in this safe and accessible place: _____ in case I need to leave quickly:

Go-Bag

Phone

Winter boots

Other: _____

Keys

Purse

Winter jacket

Wallet

Shoes

Hat & gloves

Packing a Go-Bag If I need to leave (for a night, a few days, or for good), I can pack a Go-Bag in advance with the essentials. *Circle the items you plan to pack in your go-bag:*

<u>For myself:</u>	<u>ID's & Finances:</u>		<u>For children:</u>	<u>For pets:</u>
Medications	Photo IDs	License & registration	Medications	Medications
Change of clothes	Birth certificates	Proof of car insurance	Vital documents	Vet records
Cash	Social Security Cards	Passports	Formula & bottles	Proof of ownership
Burner cell phone	Credit & debit cards	Work permit	Diapers & wipes	Extra food
Extra set of keys	Checkbook	Green card	Change of clothes	Collars & ID tags
Sentimental items	EBT card	Lease/rental agreement	Comfort items	Microchip info
		Medical records		

Additional items: _____

Brainstorm a safe place to store your go-bag. (Examples: in my car, in my office at work, with a trusted friend.)

Leaving an abusive partner can be the most dangerous time in the relationship because the abuser is losing the power and control. Keeping your go-bag and safety plan in a place where the abusive partner won't find it can help you stay safer as you prepare to leave.

I plan to store my go-bag in this safe place: _____

Safety at Home



When the person who is harming you **does not** or **no longer** lives with you:

<u>Install things such as:</u>	Alarm system	Doorbell camera	Motion sensor lights	Security cameras
Additional locks	Door security bar	Smoke detector	Fire extinguishers	Rope ladders

If you live in a multi-level home, consider having a fire extinguisher and smoke detector on each level of the house. Rope ladders can be used to escape from second floor windows.

Additional suggestions: ~ Change the locks ~ Inform a trusted neighbor or friend that this person no longer lives with me / makes me feel unsafe, and that they should call the police if the person is seen near my home ~ Trespass the person from my property / have my landlord trespass them, or apply for a protection order ~ (a VPC advocate can help with this) ~ If this person doesn't know where I live and I am worried they will find me, I can apply to the Safe at Home Address Confidentiality Program (a VPC advocate can help with this)

When the person who is harming you **does** live with you:

Suggestions: ~ Keep my safety plan, go-bag, and any other evidence that I am preparing to leave in a safe place where this person won't find it. ~ Tell a trusted neighbor about the abuse and ask them to call the police if they hear suspicious noises, yelling, etc. coming from my house ~ Apply for a protection order to have this person removed from the home (*a VPC advocate can help you with this*) ~ If I think this person is about to use violence or abusive behavior, I can try to move away from high risk areas of the home (places where weapons are stored, such as the garage, kitchen, gun safe) and move toward lower risk areas, especially areas where there is an exit I can get to if I need to leave.

Additional home safety tactics I can use: _____

Digital & Online Safety



Social media:

- Privacy settings: Check my privacy settings on all accounts.
 - On Instagram & Facebook, you can adjust your settings so only friends/followers can see your posts.
- Personal info: What do I feel safe sharing online?
 - Info such as age, location, full name, school you attend, graduation year, where you work
- Blocking: I can block this person and those associated with them from my social media accounts.
- Follow requests: Be cautious with friend & follow requests.
 - This person may create new fake accounts to try to gain access to your social media.
- Change passwords: I can change my passwords if this person might have access to my accounts.
- Snap Maps: I can turn off location on Snapchat or remove this person from my Snap Maps.

Using the internet:

- Browsing history: Internet browsing history cannot be completely erased.
 - Anyone who shares the computer with you could still find your history even after you clear it.
- Change passwords: I can change my passwords if this person might have access to them.
 - Websites to change passwords on include online banking, rent payment portal, online shopping websites, etc.

Safety with your phone:

- No contact message: If I am receiving unwanted texts/calls, I can send a no contact message.
 - Example: "Stop contacting me. If you continue to contact me, I will pursue legal action."
- Blocking: I can block this person's number so I don't receive their texts & calls.
- Burner phone: I can use a burner phone to keep my call history private from this person.
 - A VPC advocate can help you get a burner phone.
- Call history: Anyone who I share a phone plan with might be able to see my call history and browsing history using data.

Digital & online safety tactics I can use: _____

At Work & in Public



- I can choose to inform _____ (my supervisor, trusted coworker(s), and/or security personnel at work) about my situation and ask that they _____ (inform me, call 911, etc) if this person tries to come to my workplace.
- When leaving work, I can ask someone to watch me get to my car safely.
- I can try to avoid this person around town by:
 - keeping an eye out for their vehicle and not entering a business if their vehicle is outside
 - shopping and running errands at different/unpredictable hours
- If I run into or see this person around town, I can: _____

Additional safety tactics I can use in public: _____

Emotional Safety & Wellbeing



How do you conserve your emotional energy and cope with emotionally difficult times?

Five things I can do regularly to take care of my mental/emotional wellbeing:

1. _____
2. _____
3. _____
4. _____
5. _____

If I need someone to talk to, I can call:

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

If/when I have to communicate with this person, I can: _____

These are some affirmations I can use to remind myself of my strength and value:

- _____
- _____
- _____
- _____

Safety with Children



The following ideas may help you safety plan when you have children. Take what works for you and your children's needs and leave the rest.

- I can teach my children how and when to call 911.
- I can create a code word to use with my children so they know to call for help.
 - Code word: _____
- If the person harming me is living in my home, I can rehearse the escape plan with my children and practice it with them.
- I can help my children memorize my phone number so they know how to call me in the event that this person takes my children.
- I can tell my children's school, daycare, etc. who is allowed to pick them up and tell them that this person is not allowed to pick them up.
- If my children use social media, I can go through the social media safety planning section with them.

Additional ways I can help keep myself and my children safer:

Safety with an OFP or HRO



- I can apply for an Order for Protection or a Harassment Restraining Order with the help of an advocate.
- I plan to keep my restraining order in this safe and accessible location: _____
- I can give a copy of my restraining order to police departments in the communities where I live, work, and visit friends or family.
- If my restraining order is lost or destroyed, I can get another copy from Court Administration.
- I can inform these people: _____
that I have a restraining order in effect against this person.
- If this person violates the restraining order, I can call 911.
 - If I don't get the help I need from law enforcement, I can call an advocate (VPC: 218-387-1262)