

Personalized Safety Plan

Your safety is the most important thing. Listed below are tips to help keep you safe. To make a safety plan that works best for you, reach out to a victim advocate to get help with your safety plan.

If you are in an abusive relationship, think about...

Having important phone numbers nearby for you and your children. Numbers to have are the police, hotlines, friends and the local shelter.

Friends or neighbors you could tell about the abuse. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.

How to get out of your home safely. Practice ways to get out. Visualize an escape route from every room.

Safer places in your home where there are exits and no weapons. If you feel abuse is going to happen try to get your abuser to one of these safer places.

Any weapons in the house. Think about ways that you could get them out of the house.

Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house - taking out the trash, walking the pet or going to the store. Put together a bag of things you use every day (see the checklist below). Hide it where it is easy for you to get.

Going over your safety plan often.

This section on personalized safety planning adapted from the Metro Nashville Police Department's personalized safety plan.

If you consider leaving your abuser, think about...

Four places you could go if you leave your home.

People who might help you if you left. Think about people who will keep a bag for you. Think about people who might lend you money. Make plans for your pets.

Keeping cash for phone calls or getting a cell phone.

Opening a bank account or getting a credit card in your name.

How you might leave. Try doing things that get you out of the house - taking out the trash, walking the family pet, or going to the store. Practice how you would leave.

How you could take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.

Putting together a bag of things you use every day. Hide it where it is easy for you to get or store it with a friend.

ITEMS TO TAKE, IF POSSIBLE

Children (if it is safe)	Birth certificates	Lease/rental agreement
Money	Social security cards	Mortgage payment book, unpaid bills
Keys to car, house, work (make an extra set)	School and medical records	Insurance papers
Extra clothes	Bankbooks, credit cards	Protective order, divorce papers, custody orders
Medicine	Driver's license	Address book
Important papers for you and your children	Car registration	Pictures, jewelry, things that mean a lot to you
	Welfare identification, other benefit paperwork	Items for your children (toys, blankets, etc.)
	Passports, green cards, work permits	