

SAFETY PLAN

A safety plan, or protection plan, is a tool to help you identify possible ways to protect yourself and your children. The protection plan will give you an awareness of your personal and community resources. Also, it will help you to identify the signs and situations that may come before a violent episode.

We know that violence repeats itself and gets worse. It would be good for you to have a plan to help you get to a safe place if you anticipate or experience your partner's violence again. Answering the following questions will help with that plan.

1. What are some cues, behaviors, or circumstances that have happened before your partner has become violent with you in the past? (for example, time of day? chemical use? discussion of money? your whereabouts? relatives visiting? etc.).
2. What kinds of things have you done to try to protect yourself and your children from violence in the past?
3. Have any of these methods worked?
4. What people or organizations can you turn to for help? (look up the numbers and write them).
5. Are you familiar with the legal protection available to you? They are:
6. Are you familiar with the medical services available to you? They are:
7. If you are returning home, how will your children be safe in the event your partner becomes violent?
8. It is a good idea to keep a bag of clothes for you and your children packed in case you need to leave quickly. Can you have some money tucked away?
9. If I am in a situation where I am afraid violence will occur or is occurring towards me or my children, I know that the following options are available to me:
 - The shelter, relatives or friends I can call for support and/or for a safe place to stay:
 - The phone number for the shelter for battered women or a friend, relative, etc., where I can stay in safety and get support and help from is:
 - I can call the police at:
 - I can get an order for protection from:
 - One other thing I can do is:

See “Safety Guide- Identifying Tactics & Options to Get Safe” in the Shelter Resident Packet contained in NIWRC’s Shelter and Other Safe Space Information Packet or go to www.niwrc.org to find in the Resource Library. This brochure utilizes the Power and Control tactics to help identify what’s happening and options to respond.