



## PERSONALIZED SAFTY PLAN

### Module 10

The following steps represent a plan for increasing your safety and preparing in advance for the possibility of further violence. Although you do not have control over your partner's violence, you do have a choice about how to respond to him/her and how to best get yourself and your children to safety.

#### Step 1: Safety during a violent incident.

Women cannot always avoid violent incidents. In order to increase safety, battered women may use a variety of strategies. I can use some or all of the following strategies:

A. If I decide to leave, I will \_\_\_\_\_

(Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)

B. I can keep my purse and car keys ready and put them (Place) in order to leave quickly.

C. I can tell \_\_\_\_\_ about the violence and request they call the police if they hear suspicious noises coming from my house.

I can also tell \_\_\_\_\_ about the violence and request they call the police if they hear suspicious noises coming from my house.

D. I can teach my children how to use the telephone to contact the police and the fire department.

E. I will use \_\_\_\_\_ as my code word with my children or my friends so they can call for help.

F. If I have to leave my home, I will go \_\_\_\_\_

If I cannot go to the location above, then I can go to \_\_\_\_\_ or \_\_\_\_\_

G. I can also teach some of these strategies to some/all of my children.

H. When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as \_\_\_\_\_. (Try to avoid arguments in the bathroom, garage, and kitchens, near weapons or in rooms without access to an outside door.)

I. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

## Step 2: Safety when preparing to leave.

Battered women frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety.

Batterers often **strike back** when they believe that a battered woman is leaving a relationship. I can use

Some or all of the following safety strategies:

A. I will leave money and an extra set of keys with \_\_\_\_\_ so I can leave quickly.

B. I will keep copies of important documents or keys at \_\_\_\_\_

C. I will open a savings account by \_\_\_\_\_ to increase my independence.

D. Other things I can do to increase my independence include:

\_\_\_\_\_

\_\_\_\_\_.

E. The domestic violence program's hotline number is \_\_\_\_\_. I can seek shelter by calling this hotline.

F. I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month the telephone bill will tell my batterer those numbers that I called after I left. To keep my telephone communications confidential, I must either use coins or I might get a friend to permit me to use their telephone credit card for a limited time when I first leave.

G. I will check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money.

H. I can leave extra clothes with \_\_\_\_\_.

I. I will sit down and review my safety plan every \_\_\_\_\_ in order to plan the safest way to leave the residence. (Domestic violence advocate or friend) has agreed to help me review this plan.

J. I will rehearse my escape plan and, as appropriate, practice it with my children

### Step 3: Safety in my own residence.

There are many things that a woman can do to increase her safety in her own residence. It may be impossible to do everything at once, but safety measures can be added step by step. Safety measures I can use include:

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steel/metal doors.
- C. I can install security systems including additional locks, window bars, poles to wedge against doors, etc.
- D. I can purchase rope ladders to be used for escape from second floor windows.
- E. I can install smoke detectors and purchase fire extinguisher for each floor of my house/apartment.
- F. I can install an outside lighting system that lights up when a person is coming close to my house.
- G. I will teach my children how to use the telephone to make a return call to me and to (friend/minister/other) in the event that my partner takes the children.

H. I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:

- \_\_\_\_\_ (school)
- \_\_\_\_\_ (day care staff)
- \_\_\_\_\_ (babysitter)
- \_\_\_\_\_ (Sunday school teacher)
- \_\_\_\_\_ (teacher)

And (Other)

1. I can inform \_\_\_\_\_ (neighbor), \_\_\_\_\_
2. (priest), and \_\_\_\_\_ (friend) that my partner no longer resides with me and they should call the police if he is observed near my residence.

### Step 4: Safety with a Protection Order.

Many Batterers obey protection orders, but one can never be sure which violent partner will obey and which will violate protection orders. I recognize that I may need to ask the police and the courts to enforce my protection order. The following are some steps that I can take to help the enforcement of my protection order:

A. I will keep my protection order \_\_\_\_\_ (location). Always keep your protection order on or near your person. If you change purses, that's the first thing that should go in.

B. I will give my protection order to the police station in the community where I work, in those communities where I usually visit family or friends, and in the community where I live.

C. There should be a registry of protection orders at the clerk of court's office and the police dispatch centre that all police departments can call to confirm a protection order. I can check to make sure that my order is in the registry. The telephone number for the clerk of court's office is \_\_\_\_\_ the non-emergency number for the police -dispatch centre is \_\_\_\_\_.

E. I can call the local domestic violence program if I am not sure about B., C, above or if I have some problem with my protection order. That number is: \_\_\_\_\_

F. I will inform my employer, my closest friend, and \_\_\_\_\_ and \_\_\_\_\_ that I have a protection order in effect.

G. If my partner destroys my protection order, I can get another copy from the courthouse by going to the Clerk of Court's Office located at \_\_\_\_\_

H. If my partner violates the protection order, I can call the police and report a violation, contact my lawyer, and/or advise the court of the violation.

I. If the police do not help, I can contact my lawyer and will file a complaint with the chief of the local police. I can keep a log of all violations of the protection order, hang-ups and harassing telephone calls. I can give a copy of this log to the police, or my lawyer.

### **Step 5: Safety on the job and in public.**

Each battered woman must decide if and when she will tell others that her partner has battered her and that she may be at continued risk. Friends, family and co-workers can help to protect women. Each woman should consider carefully which people to invite to help secure her safety. I might do any or all of the following:

A. I can inform my boss, the security supervisor, and \_\_\_\_\_ at work of my situation.

B. I can ask \_\_\_\_\_ to help screen my telephone calls at work.

C. When leaving work, I can \_\_\_\_\_

D. When driving home if problems occur, I can \_\_\_\_\_

E. If I use public transit, I can \_\_\_\_\_

F. I can use different grocery stores and shopping malls to conduct my business and shop at hours that are different than those I used when residing with my battering partner.

G. I can use a different bank and take care of my banking at hours different from those I used when residing with my battering partner.

H. I can also \_\_\_\_\_

## Step 6: Safety and drug or alcohol use.

Most people in this culture use alcohol. Many use mood-altering drugs.

Much of this is legal and some is not.

The legal outcomes of using illegal drugs can be very hard on a battered woman, may hurt her relationship with her children and put her at a disadvantage in other legal actions with her battering partner.

Therefore, women should carefully consider the potential cost of using illegal drugs.

But beyond this, the use of alcohol or other drugs can reduce a woman's awareness and ability to act quickly to protect herself from her battering partner.

Furthermore, the use of alcohol or other drugs by the batterer may give him/her an excuse to use violence. Therefore, in the context of drug or alcohol use, a woman needs to make specific plans. If the drug or alcohol use has occurred in my relationship with the battering partner, I can enhance my safety by some or all of the following:

A. If I am going to use, I can do so in a safe place and with people who understand the

Risk of violence and are committed to my safety.

B. I can also \_\_\_\_\_

C. If my partner is using, I can \_\_\_\_\_

D. I might also \_\_\_\_\_

E. To safeguard my children, I might \_\_\_\_\_ and \_\_\_\_\_

## Step 7: Safety and emotional health.

The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy. To conserve emotional energy and resources and to avoid hard emotional times, I can do some of the following:

A. If I feel down and ready to return to a potentially abusive situation, I can

\_\_\_\_\_

B. When I have to communicate with my partner in person or by telephone, I can

\_\_\_\_\_

C. I can try to use "I can..." statements with myself and to be assertive with others.

D. I can tell myself, " \_\_\_\_\_ " whenever I feel others are trying to control or abuse me.

E. I can read \_\_\_\_\_

F. I can call \_\_\_\_\_, and \_\_\_\_\_ as other resources to be of support to me.

G. Other things I can do to help me feel stronger are \_\_\_\_\_  
and \_\_\_\_\_.

H. I can attend workshops and support groups at the domestic violence program  
\_\_\_\_\_ or \_\_\_\_\_  
to gain support and strengthen my relationships with other people.

**Step 8: Items to take when leaving.**

When women leave partners, it is important to take certain items with them, Beyond this, women sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly. Items with asterisks on the following list are the most important to take. If there is time, the other items might be taken, or stored outside the home. These items might best be placed in one location, so that if we have to leave in a hurry, I can grab them quickly. When I leave, I should take:

- Identification for myself
- Children's birth certificates
- My birth certificate
- Social security cards
- School and vaccination records
- Money
- Checkbook, ATM card
- Credit cards
- Keys - house, car office
- Driver's license and registration
- Medications
- Welfare identification
- Passports
- Divorce papers
- Medical records - for all family members lease/rental agreement,
- House deed,
- Mortgage payment book
- Bank books
- Insurance papers
- Small saleable objects
- Address book
- Pictures
- Jewelry
- Children's favorite toys and/or blankets
- Items of special sentimental value



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## Module 10

Consolidate self defence techniques used in the previous weeks.

Use scenario training to test how effective they can use the techniques

Concentrate on techniques that individual students are good at and develop them using body armour.