

Safety Plan Worksheet for Victims of Abuse

If you are in an abusive relationship:

The following steps are my plan for increasing my safety and preparing to protect myself in case of further abuse. Although I can't control my abuser's violence, I do have a choice about how I respond and how I get to safety. I will decide for myself if and when I will tell others that I have been abused, or that I am still at risk. Friends, family and co-workers can help protect me, if they know what is happening, and what they can do to help.

To increase my safety, I can do some or all of the following:

1. When I must talk to my abuser in person, I can _____.

2. When I talk to my abuser on the phone, I can _____.

3. I will make up a "code word" for my family, co-workers, or friends, so they know when to call for help for me. My code word is _____.

4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt such as _____ (at home) or (at work) _____ or _____ . (in public)

5. I can tell my family, co-workers, boss, or a friend about my situation. I feel safe telling: _____.

6. I can use an answering machine or ask my co-workers, friends or other family members to screen my calls and visitors. I have the right to not receive harassing phone calls. I can ask: _____ (home) or _____ (work) to help screen my phone calls.

7. I can keep change for phone calls with me at all times. I can call any of the following people for assistance or support if necessary and can ask them to call the police if they see my abuser bothering me.
 - friend _____
 - relative _____

- co-worker _____
- counselor _____
- shelter _____
- other _____

8. When leaving work I can: _____.

9. When walking, riding or driving home, if problems occur, I can: _____
_____.

10. I can attend a support group for women who have been abused. Support groups are held:
_____ at _____.

11. Telephone Numbers I Need to Know:

Police Department: _____

Probation Officer: _____

Connecticut Domestic Violence Hotline: 1-888-774-2900

National Domestic Violence Hotline: 1-800-799-7233

Counselor: _____

Clergy Person: _____

Attorney: _____

Other: _____