

The information in this brochure is intended to assist you in increasing your safety and the safety of your children in case of further abuse.

You cannot change your abuser's behavior, however, you do have a choice about how to respond and how to get to safety.

Consider different ways that you can take care of yourself. Developing a safety plan at your job and in public may be necessary. Read books and affirmations to help you feel stronger. Build a network of friends and family to give you support. Join a support group or attend individual counseling to help you heal.

Remember that God loves you. You are his daughter. He will give you strength and courage so that you will no longer feel that you have to submit to the sin of abuse.



## **EMERGENCY PHONE NUMBERS**

### **Police Emergency Number**

911

### **National Domestic Violence Hotline**

800-799-SAFE

### **Domestic Violence Center**

Serving Cuyahoga County

216-391-4357

### **Genesis House**

Serving Lorain County

440-244-1853 or

440-323-3400

### **Battered Women's Shelter of**

**Medina County**

330-723-3900

### **Battered Women's Shelter of**

**Summit County**

330-374-1111

# **Personalized Safety Plan**



***Abigail Ministries***  
***Helping Homes Heal***  
***abigail-ministries.org***

## IF I AM STILL IN THE RELATIONSHIP

*Women cannot always avoid a violent incident. In order to increase your safety, you may employ some or all of the following strategies:*

If I feel a fight coming on, I will try to move to a space that ensures the lowest risk such as \_\_\_\_\_. (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)

If I decide to leave, I will \_\_\_\_\_. Practice getting out safely. What doors, windows, fire escapes, stairwells or elevators would you use?

I can keep my purse and car keys ready and put them \_\_\_\_\_ in order to leave quickly.

I can tell \_\_\_\_\_ about the violence and ask them to call the police if they hear suspicious noises from my house.

I can teach my children how to use the telephone to contact the police.

I can make up a code word for my children, friends, family and co-workers so that they know when to call for help.

I can have important phone numbers available for myself and my children.

I can encourage my children to ask for help and let them know that it is not their fault.

I can begin saving money for emergency phone calls, taxi or bus service.

I can keep an extra house and car key hidden.

I can check for weapons, photocopy important documents and obtain a cell phone.

I will use my judgment. If the situation is serious, I can give my partner what he wants to calm him down. I have to protect myself until the danger has passed.

## IF THE RELATIONSHIP IS OVER

*You can do some things in your own residence to increase your safety. Any additional safety measures can be helpful.*

I can change my locks, install a security system, add additional locks, add poles to wedge against doors, window bars, smoke detectors and fire extinguishers.

I can purchase rope ladders to escape from second floor windows.

I can inform neighbors, pastors, and friends that my partner no longer lives with me and advise them to call the police if he is observed near my home.

I will teach my children how to make a collect call to me and to \_\_\_\_\_ (friend/pastor/other) in the event that my partner abducts the children.

I can take alternate routes to work and school.

I will tell people who care for my children exactly who has permission to pick up my children and that my partner is not permitted to do so. I will inform their school, day care, babysitters, Sunday School Teachers, and others who care for them.

I can obtain a Personal Protection Order. I can keep a copy with me at all times and also leave a copy with \_\_\_\_\_.

I can talk to \_\_\_\_\_ and \_\_\_\_\_ when I need support or feel lonely. I can stay with \_\_\_\_\_ or at \_\_\_\_\_ (shelter) if I need to feel safe.

If I feel down and ready to return to the potentially abusive situation, I can \_\_\_\_\_.

I will review my safety plan regularly.

## ITEMS TO TAKE IF I AM LEAVING MY HOME

- Identification
- Birth certificate for myself and my children
- Social Security Cards
- Partner's social security number and license plate numbers
- School and medical records
- Money, credit cards, checkbook, ATM card
- Paycheck stubs, tax returns
- Driver's license and registration
- Medications
- Keys to house, car, office, safety deposit box
- Change of clothes
- Welfare Identification
- Passport(s), Green cards, Work permits
- Marriage License or Divorce papers
- Lease, House deed, Rental Agreement
- Insurance Papers
- Current unpaid bills statements
- Address book
- Pictures, jewelry, items of sentimental value, children's favorite toys and/or blanket
- Other \_\_\_\_\_