Client ID:_____   Date completed:_____

Domestic Violence Safety Plan

Job and public safety

- I can tell my boss,_____about this situation.
- I can ask _____to not allow my abuser to contact me through the company phone.
- I can tell these two people_____ About the situation and provide them with either a photo, description of my abuser and a description of his car. I can also create a safety word that will alert other people in the office to call 911 _____.
- When leaving work, I can do the following:
  _____
  _____
  _____
  _____
  _____

- When I am driving home I can do the following:
  _____
  _____
  _____
  _____
  _____

- If I run into problems coming to or from work I can do the following:
  _____
  _____
  _____
  _____
  _____

- If I use public transportation, I can do the following:
  _____
  _____
  _____
  _____
  _____

- The Quickest and safest way to get out of my work is _____
  _____
  _____

I can purchase self defense Items to keep on my person

I can shop at different supermarkets or at different hours than I did with my abuser.

I can use a different bank than my abuser, and try to use mobile banking to lessen the chance of my abuser knowing where I bank.

I can change the passwords and security questions on all my internet accounts including banking and social media.

If I feel I am being followed by my abuser or someone the abuser knows (such as family or friends) I will not pull over and talk to them. I understand that at that point they could be armed and dangerous.

If I am being followed I can go to a police station, fire department, hospital and or a crowded place (example: Walmart). And lay on the horn to draw as much attention to myself as I can.

- My local police station closest to my work

  Address: _____

  Phone Number: (_____)-_____-_____

- My local sheriff's department closest to my work

  Address: _____

  Phone number: (_____)-_____-_____

- My local hospital Closest to my work

  Address:_____

  Phone number: (_____)-_____-_____

- My local dispatch in the area I'm working in for non emergencies

  Phone number: (_____)-_____-_____

If I have children I can change the babysitter, daycare and/or child care to someone different than what my abuser is used to.

I can file for an order of protection for myself and/or children.