

## Safety Plan (Leaving Your Abuser)

- ❖ I can tell \_\_\_\_\_(eg: family, neighbors) about the abuse and ask them to call the police if they hear sounds of a violent attack coming from my house.
  
- ❖ If violence and abuse is occurring, or is likely to occur, I can move to \_\_\_\_\_(a room with easy access to an exit). Don't go to the kitchen, bathroom or near possible weapons.
  
- ❖ The quickest/safest route out of my home is  
\_\_\_\_\_  
\_\_\_\_\_
  
- ❖ I have taught my child/ren to use the telephone to call 999 in an emergency. o I will carry a phone card, change for a pay phone, and my mobile phone at all times and ensure that there is always credit so I can ring for help in an emergency. o I will keep a small amount of money on me in case I need to leave quickly o I have told my child/ren to get out of the room/leave the house/run to \_\_\_\_\_for help in an emergency.
  
- ❖ I will use this code word \_\_\_\_\_for my children, friends, or family to call for help.
  
- ❖ I can pack an emergency bag and leave it at  
\_\_\_\_\_
  
- ❖ I can stay with \_\_\_\_\_in an emergency.

The HOTLINE: 800-799-7233

- ❖ I will keep important documents (birth and marriage certificates, passports, medical cards, benefit books, bank and building society books, rent/mortgage details, driving licence, car registration documents, details of car insurance, immigration documents) or copies

At: \_\_\_\_\_

- ❖ I will leave some extra clothes, personal possessions, medication, cash and spare keys with

\_\_\_\_\_

- ❖ I will open a savings account by \_\_\_\_\_(date) to increase my independence.

- ❖ Other things I can do to increase my independence are:

\_\_\_\_\_  
\_\_\_\_\_

The domestic violence national helpline number is  
1-800-799-7233

Other numbers for support agencies are:

\_\_\_\_\_  
\_\_\_\_\_

**If I plan to leave I won't tell my abuser in advance  
face -to-face, If I want to tell them I will leave or send a note,  
or call once I am in a safe place.**

***I will ensure that I never tell my abuser where I am staying***