

# PERSONAL SAFETY PLAN



**A personalized workbook for individuals who are looking for ways to reduce their vulnerability to sexual assault and stalking.**

## Personal Safety Plan

This personal safety plan is designed for you to use as a resource guide. It is filled with information specific to you that you can fill out. It is not a guarantee to keep you safe from harm, but taking these precautions can potentially reduce your vulnerability.

A support system is important to have. It will include people I trust. Below is a list of people who make up my support system. It may include neighbors, teachers, doctors, friends, family, and other professionals. I have chosen these individuals carefully and have included both their name and phone number.

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Other sources of help (the front page of the local phone book is an excellent reference).

\*Central MN Sexual Assault Center: 320-251-4357  
or 1-800-237-5090

\*911

\*Police: \_\_\_\_\_

\*Domestic Violence Shelters: \_\_\_\_\_

\*Victim Assistance Programs: \_\_\_\_\_

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As a survivor, it is important to protect yourself against future violence and try to stay safe.

The following precautions are suggestions for minimizing the chance of being sexually assaulted. These are not guarantees but may reduce the risk of an opportunity for a crime.

## Safety in My Home

The ones that I have checked are ones that I have done and/or are currently doing and the ones with a plus sign next to them are ones I can do or intend on doing.

\_\_\_\_ All exterior doors should be made of a solid core.

\_\_\_\_ Dead bolt locks and peepholes on all doors, including door from garage to house.

\_\_\_\_ Change locks when I move into a new place or when someone moves out.

\_\_\_\_ Install key locks to secure sliding glass doors.

\_\_\_\_ Have outside motion detection lights.

\_\_\_\_ Have a close circuit camera and monitor.

\_\_\_\_ Get an alarm system for the home.

\_\_\_\_ Have locks on all windows.

\_\_\_\_ Have caller ID.

\_\_\_\_ Have an unlisted/unpublished phone number.

\_\_\_\_ Have a cordless and/or cell phone.

\_\_\_\_ Get a watch dog.

In the event that the perpetrator enters my home, it is important to have an escape route. What is mine? Is there an alternative route for backup?

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What are some other steps I can take to increase my safety at home? At work? In my car?

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## Self Defense

Taking self defense classes is one way to help protect myself against an assailant and can give me increased self-confidence and self-assurance.

\*Ways to get in touch with classes in my area.

- Community Education \_\_\_\_\_
- Martial Arts facilities \_\_\_\_\_
- YMCA/YWCA \_\_\_\_\_
- Check with CMSAC staff @ 320-251-4357

## Car Safety

- Park in well-lit areas
- Always lock your doors, even when you are inside
- Have your keys ready before you head toward your car – between your knuckles with point out
- Stay alert of your surroundings while approaching your car
- Never pick up hitchhikers
- If possible, have security personnel escort you to your car, especially after dark
- Before you get into the car, look inside and check backseat. Also, if possible check under the car
- Have a car alarm with a panic button on keychain
- Keep a full tank of gas or at least half full at all times
- Have an emergency cell phone at all times
- If you get a flat tire, drive on it until you reach a well-lit and well traveled area.
- If your car breaks down, put the hood up and flashers on and sit inside with your doors locked. If someone stops, don't get out, instead slightly open window and ask them to phone a tow truck or the local police department for you. Let a trusted person know where you are and, if possible, have them pick you up once the tow truck gets there.
- Have a roadside emergency kit in car with road flares

## Safety in Public

- Always be alert, walk with an upright posture, and stay in well-lit areas
- If you are being harassed by someone, head toward people or lights
- Walk closer to the curb – stay away from doorways, alleys and bushes
- If something doesn't feel right, TRUST YOUR FEELINGS! It's okay to wait for the next cab or elevator. When someone's presence is making you uncomfortable it's okay to leave
- When out at a bar or club, always keep your drink in your hand
- Never accept a drink from a stranger or acquaintance unless you see the drink being poured and receive it directly from the bartender
- It is important to be out with people you know and can trust if you are under the influence
- Never walk away with strangers or leave with someone you don't trust
- Never be alone with someone who makes you uncomfortable or who you don't know
- Tell friends/family (or someone from your support system) where you are going. Call them when you get there and call when you leave or change locations
- Don't leave other friends alone or behind

The situation may arise when I need to leave before the people I went out with are ready to, or I may

lose them. It is important for me to have a backup plan for a way to get home safely. What is mine?

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In case of an emergency or a situation arises and I can't go home, I should have an emergency bag. I could possibly not be able to go home because my perpetrator is there or I don't feel safe going home. In my bag I should pack items that I will need, such as a change of clothes and/or medications. The following list is what I will pack in my bag.

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Where am I going to store this bag?

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In addition to the items in my emergency bag it is also a good idea to carry some of the following items with me at all times.

- Extra cash and/or credit cards
- Spare keys to home, car and work
- A whistle
- Emergency contact numbers
- Identification information

What else can I carry with me?

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I **should not** go home if I am being followed for my own safety. Where are some places that I could go?

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\*I will always be sure that when I am driving and being followed, I will only get out of my car to go inside some place if I am sure I will get inside safely.

### **Harassment Restraining Orders (HRO) & Order For Protection (OFP)**

HRO's and OFP's are court documents against your abuser, rapist, stalker, or assailant. The document orders the perpetrator to stay away from you and spells out penalties if they violate the order. In Minnesota, an OFP is stronger than an HRO. It provides more protection, specifies how far the perpetrator has to stay away from you (and your children, if applicable), allows applications for monetary compensation, and deals with temporary custody of children. An HRO is not as in depth, it simply asks for details of the harassment. If granted, an HRO tells the perpetrator to stop doing whatever he/she is doing.