

SAFETY PLAN

When Relationship is over

1. I can obtain an Order for Protection (OFP). I can ask for assistance from shelter advocates.
2. If I am returning to a previous home/location. I can change the locks on my doors and windows or change wooden doors to steel/metal doors as soon as possible. I can install outside lighting or security systems, smoke detectors, or be sure the present ones are working, and get fire extinguishers as soon as possible. If I have second floor windows. I can purchase rope ladders (fire ladders are available from hardware/discount stores) by which to escape.
3. In order to leave quickly, I can keep my purse and car keys ready by putting them (location) _____
4. I can practice – with my children- how to get out of our home safely. I can identify and discuss with my children the best escape route(s)
5. I can inform _____ (friends, family, neighbors); that my abuser no longer lives with me. I can show them or give them a copy of my OFP/Criminal No Contact order (if any), and ask them to call the police if they should see him/her near my residence.
6. I will teach my children how to use the telephone to make a collect call to me or to (persons) _____ in the event my abuser takes or tries to take my children.
7. I can tell _____ (my employer, co-worker(s), security officer at work/school, personnel/day care provider) about my situation. I can show them or give them a copy of my OFP/Criminal No Contact Order (if any). I can provide them with a photo of my abuser and ask them to call the police if they should see him/her near the residence. I can ask _____ at work to supervisors screen my calls. I will share my pass code or password with them.

8. I can tell all people who take care of my children which person/people have permission to pick up my children and inform them that my abuser does NOT have permission to do so. I will show them or give them a copy of my OFP/Criminal No Contact order (if any), so that they can have law enforcement assist them, when/if necessary.
9. Pass code/ Code Word (to share with those you trust): _____
10. Important phone numbers:
- Police/ Sheriff's Department _____
- Fire Department _____
- Court Administration Stearns Cty 320-656-3620 / Benton Cty. 320-968-5205 _____
- Hospital/Medical Clinic/Doctor _____
- Attorney _____
- Anna Marie's Alliance Shelter 320-253-6900 or 1-800-950-2203 _____
- Criminal Justice Advocates 320-253-6900 or 1-800-950-2203 _____
- Work/Employer _____
- School _____
- Day Care _____
- Babysitter _____
- Bus Driver or Company/ Taxi Company _____
- Family Members _____
- Clergy/Church _____
- Friends _____
11. When going to or from home/ work/ school/ church/ day care/ stores/ family's and friends' homes. I will plan and use alternate routes. If problems occur while driving to and from destinations, I can _____
- _____
12. I will keep a copy of my Safety Plan (location) _____
13. I will always keep a copy of my OFP/ Criminal No Contact order on me at all times, and I will keep additional copies of my OFP/Criminal No Contact order (location) _____

14. I may need to ask law enforcement and the courts to assist me in enforcing my order. I will also give a copy of my OFP/ Criminal No Contact order to the following police/ sheriff's department in communities I visit: _____

I will obtain Officer's name and badge number and copies of police records.

15. If my OFP is lost, stolen or destroyed I will go the Court Administrator's office (location) St. Cloud MN for Stearns Cty and Foley, MN for Benton Cty.

To obtain another copy. I will also check with Anna Marie's Alliance shelter (phone #) 320-253-6900 or 1-800-950-2203 who may also have a copy for me.

16. If my abuser violates the OFP/ Criminal No Contact order, I will call the police to report the violation. I will also call an advocate or my attorney (phone #'s) _____

17. I can shop at different stores or at different times to avoid my abuser. I can attend other churches or chose other banks than those of my abuser.

18. I can/will open a checking/saving account and establish credit at the following bank _____

19. I will open a Post Office Box at (location) _____

20. If I feel down and ready to return to a potentially abusive situation, I can call an advocate or _____ for support and encouragement.

21. I can attend the following programs (women's issues, parenting), Tri Cap, Caritas, Anna Marie's Alliance

or read the following books _____

or call the following people _____

or tell myself the following “You don’t deserve to be abused.”

To gain support and knowledge and to strengthen my healthy relationships with others

22. I will always remember to be careful and watchful I must “look over my shoulder” and be cautious of any person or car which might be following me.

23. If I am feeling **I MUST** communicate with my abuser, I can _____

24. If I am seeing a therapist, I will keep my appointments.

25. I will keep copies of medical, lodging, and gas and other expenses in association with having to flee to keep myself and my children safe.

26. I will document all incidents of harassment or violations of my OFP/ Criminal No Contact order. Whether or not I report these incidents to law enforcement.

27. I will take and keep in a safe place photos of injuries and damage to property done by my abuser.

28. I will ask Prosecutors/Courts to inform me when/ if OFP/ No Contact order has been dismissed (criminal cases only).

29. I will check with _____ to see whom would be able to let me stay with them or lend me some money.

30. I can leave extra clothes with _____

31. When I leave my abusive partner, I will try to take the following items

◆ Identification for myself and children, such as

Birth Certificates

Social Security Cards

Driver License and Registration

Passport

Photo ID Cards

◆ School and Vaccination records

◆ Money

- ◆ Checkbook, ATM Card, Credit Cards
- ◆ Keys (home, car, office)
- ◆ Medications, Prescriptions
- ◆ Welfare ID, Food Stamp ID
- ◆ Medical Records, Insurance Cards
- ◆ Car, Health, Life Insurance Papers
- ◆ Work Permits or Green Card
- ◆ Divorce/ Separation Papers
- ◆ Address Book, Phone numbers
- ◆ Pictures
- ◆ Jewelry
- ◆ Small Saleable possessions
- ◆ Children's favorite Toys, Blankets
- ◆ Lease/Rental Agreement, House Deed, Mortgage Payment Book
- ◆ Financial Documents- income tax records, savings account and bank books
- ◆ Items of special sentimental value

32. I will secure safe permanent housing.

33. I will develop a job/ education plan.

34. I will secure safe childcare arrangements.

35. I will secure ready access to safe transportation.

36. Other things I can do to help me feel stronger and to care for myself and my children

are: Counseling, support groups, education

37. Using alcohol or drugs may reduce the awareness and the ability to act quickly to protect one's self and children. The use of illegal drugs may also hurt a battered woman's relationship with her children and cause legal problems. I will consider carefully the potential cost of the use of illegal drugs. To help reduce these risks:

A: If I choose to use, I can/will _____

B: If my abuser uses, I can/will _____

C: To safeguard my children, I can/ will _____

38. I can inform my financial worker, social services worker and any other service agency workers (if any), when/if my partner returns home to live.

I agree to follow my chosen safety plan. _____

Initial

Name

_____/_____/_____

Date

Advocate's first Name