

**PERSONALIZED SAFETY PLAN FOR DOMESTIC VIOLENCE SURVIVORS**

Date: \_\_\_\_\_ Client Case # \_\_\_\_\_  
Intern Assisting: \_\_\_\_\_

The following steps represent my plan for increasing my safety. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself and my children, grandchildren or other dependents to safety.

**Step 1: Safety at Harold Washington College**

- A. As part of my strategy to keep myself safe, I understand that I can create a safety plan with my Wellness Center counselor.
- B. If I need legal consultation, I understand that I can visit the Chicago Legal Clinic in Room 324.
- C. If I have an Order or Protection, I understand that a copy of the Order and a picture of the perpetrator can be provided to Security.
- D. If the perpetrator is present in the building or near the building, and there is an Order of protection and/or my safety is at risk or I am frightened, I will contact Security immediately.
- E. I know the location of Security and the locations of the red phones.
- F. I can prevent the abuser from knowing my HWC class schedule.
- G. I understand that these measures are meant to reduce risk to myself and others but cannot provide an absolute guarantee of my safety at HWC.

**Step 2: Reducing Risk of a Violent Incident**

Survivors of domestic violence cannot always avoid violent incidents. In order to increase safety, I can use some or all of the following strategies:

- A. If I decide to leave, I will \_\_\_\_\_  
\_\_\_\_\_
- B. I can keep my purse and car keys ready and put them (place) \_\_\_\_\_  
\_\_\_\_\_ in order to leave quickly.
- C. I can tell \_\_\_\_\_ about the violence and request that they call 911 if they hear suspicious noises coming from my house/apartment. I can also tell \_\_\_\_\_ about the violence and request that they call 911 if they hear suspicious noises coming from my house/apartment.
- D. I can teach my children/grandchildren how to use the telephone to contact 911. Case #: \_\_\_\_\_
- E. I will use \_\_\_\_\_ as my code word with my children/grandchildren or my friends so they can call for help.
- F. If I have to leave my home, I will go to \_\_\_\_\_  
If I cannot go to the location above, then I can go to \_\_\_\_\_ or \_\_\_\_\_
- G. I can also teach some of these strategies to some/all of my children/grandchildren.
- H. When I expect we are going to have an argument, I will try to move to a space

that is lowest risk, such as \_\_\_\_\_. (Try to avoid arguments in the bathroom, garage, and kitchen, near weapons or in rooms without access to an outside door.)

I. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

### **Step 3: Safety When Preparing to Leave**

Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that a survivor is leaving a relationship. I can use some or all of the following safety strategies:

A. I will leave money and an extra set of keys with \_\_\_\_\_ so I can leave quickly.

B. I will keep copies of important documents or keys at \_\_\_\_\_

C. I will open a savings account by \_\_\_\_\_

D. If I have a payee for SSI/SSDI benefits and the payee is my abuser, I can contact the Social Security Administration at \_\_\_\_\_ to have my payee changed.

E. If I am in need of emergency shelter for myself and/or my children/grandchildren, I understand that I can call 911 or go to the nearest Chicago Police station.

F. I will check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money.

G. I can leave extra clothes with \_\_\_\_\_.

H. I will sit down and review my safety plan every \_\_\_\_\_.

I. \_\_\_\_\_ (domestic violence advocate or friend) has agreed to help me review this plan.

J. I will rehearse my escape plan and, as appropriate, practice it with my children.

K. If I have a disability, I may need to set up an emergency care plan if my abuser is also my caregiver. I can contact \_\_\_\_\_ to make a plan for an emergency care provider.

### **Step 3: Safety in My Own Residence**

There are many things that survivors can do to increase safety at home. It may be impossible to do everything at once, but safety measures can be added step by step. Safety measures I can use include:

A. I can change the locks on my doors and windows as soon as possible

B. I can replace wooden doors with steel/metal doors

C. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.

Case #: \_\_\_\_\_

D. I can purchase rope ladders to be used for escape from second floor windows if I am physically able.

E. I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.

F. I can install an outside lighting system that lights up when a person is coming close to my house.

G. I will teach my children/grandchildren how to use the telephone to make a

make a 911 call in the event that my partner takes the children/grandchildren.  
H. I will teach my children/grandchildren how to not disclose our address and phone number to the abuser, and the abuser's family/friends including:

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I. I will tell people who take care of my children/grandchildren which people have permission to pick up my children/grandchildren and that my partner is not permitted to do so. The people I will inform about pick-up permission include: \_\_\_\_\_

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J. I can inform \_\_\_\_\_

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that my partner no longer resides with me and they should call the police if my partner is observed near my residence.

K. In case I contact the police, I know the following about the abuser:

Name \_\_\_\_\_ birthdate \_\_\_\_\_, his physical description/height \_\_\_\_\_, weight \_\_\_\_\_, hair color \_\_\_\_\_, facial hair \_\_\_\_\_, tattoos and/or scars \_\_\_\_\_, the type of vehicle he drives \_\_\_\_\_, and his license plate number \_\_\_\_\_.

L. I can take steps to assure the confidentiality of certain documents, possibly through using an alias, a PO Box or alternative address or setting up a password with certain institutions to assure only I can access my personal information. The documents I will change include: \_\_\_\_\_ bills, \_\_\_\_\_ utilities, \_\_\_\_\_ car registration, \_\_\_\_\_ taxes, and \_\_\_\_\_ bank accounts and other \_\_\_\_\_

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#### **Step 4: Safety with an Order of Protection**

Many batterers obey protection orders, but some do not. I recognize that I may need to ask the police and the courts to enforce my protection order. The following are some steps that I can take to help the enforcement of my Order of Protection:

A. I will keep my protection order (keep copies in multiple locations) \_\_\_\_\_

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B. I will give my Order of Protection to police departments in the community where I work, in those communities where I usually visit family or friends, and in the community where I live. There should be a county registry of protection orders that all police departments can call to confirm a protection order. I can check to make sure that my order is in the registry. The telephone number for the county registry of protection orders is \_\_\_\_\_.

Case #: \_\_\_\_\_

F. I will inform my employer, my religious leader, my closest friend and \_\_\_\_\_ and \_\_\_\_\_ that I have a protection order in effect.

G. If my partner violates the protection order, I can call the police and report a violation, contact my attorney, call my advocate, and/or advise the court of the violation.

H. If the police do not help, I can contact my advocate or attorney and will file a

complaint with the chief of the police department.

I. I can also file a private criminal complaint in the jurisdiction where the violation occurred or with the district attorney. I can charge my battering partner with a violation of the protection order and all the crimes that he commits in violating the order. I can call the domestic violence advocate to help me with this.

J. I will inform and provide a copy of my restraining order to people who have contact with my children/grandchildren. The people I will inform about my restraining order include: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Step 5: Safety on the job or volunteer setting and in public.** Survivors must decide if and when to tell others about their experience as a survivor of domestic violence and that they may be at continued risk. Friends, family, and co-workers can help to protect survivors. Survivors should consider carefully in whom they confide. I might do any or all of the following:

A. I can inform my boss, the security supervisor and \_\_\_\_\_  
at work of my situation.

B. I can ask \_\_\_\_\_ to help screen my telephone calls at work.

C. When leaving work/volunteer site, I can \_\_\_\_\_

D. When driving home if problems occur, I can \_\_\_\_\_

E. If I use public transit, I can \_\_\_\_\_

F. I can use different grocery stores and shopping malls to conduct my business and shop at different hours than I've done in the past.

G. I can use a different bank and take care of my banking at hours different from those I used when residing with my battering partner.

H. I can also \_\_\_\_\_  
\_\_\_\_\_

**Step 6: Items to take when leaving.** When survivors leave partners, it is important to take certain items with them. Beyond this, survivors sometimes give extra copies of papers and an extra set of clothing to a friend just in case they have to leave quickly. Underlined items on the following list are the most important to take. If there is time, the other items might be taken, or stored outside the home. These items might best be placed in one location, so that if we have to leave in a hurry, I can grab them quickly. Also, copies of important document can be securely stored in the Wellness Center.

Case #: \_\_\_\_\_

**When I leave, I should take:**

- \* Identification for myself
- \* My birth certificate
- \* Social Security award letter
- \* School and vaccination recs.
- \* Credit cards
- \* Children's/grandchildren's birth certificates
- \* Social Security cards
- \* Money
- \* Checkbook, ATM card
- \* Keys - house/car/office

- \* Driver's license/State ID.
- \* Medications
- \* Work permits
- \* Passport(s)
- \* Bank books
- \* Address book
- \* Jewelry
- \* Items of special sentimental
- \* Medical records - for all family members
- \* Assistive devices like glasses, dentures, walkers, canes, wheelchairs, hearing aids for you and others
- \* Lease/rental agreement, house deed, mortgage payment book
- \* CTA Pass
- \* Welfare identification
- \* Green card
- \* Divorce papers
- \* Insurance papers
- \* Pictures
- \* Children's favorite toys and/or blankets

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## MARYVILLE CRISIS NURSERY

[www.maryvilleacademy.org](http://www.maryvilleacademy.org)

❖ The Crisis Nursery provides short term care for children aged birth through six for families who are experiencing...

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|--------------------------|----------------------|
| Parental stress          | Job/school issues    |
| Home crisis/homelessness | Legal issues         |
| Family medical problem   | Mental health issues |
| Domestic violence        | Substance use/abuse  |
| Public support/services  | Family instability   |

- ❖ Children will receive 24-hour quality care for up to three (3) days depending on the needs and goals of the family.
- ❖ Individual families may use the Crisis Nursery up to 30 days within a rolling calendar year.
- ❖ Family case-management and referrals available.

Where is it located?

4015 N. Oak Park Avenue, Building B  
Chicago, IL 60634

When is it available?

24 Hours/day, 7 days/week,  
365 days/year

Whom do I call?

**24-Hour helpline: 773-205-3637**