

JOURNEYS COUNSELING MINISTRY

PERSONALIZED SAFETY PLAN FOR WOMEN

The following steps represent my plan for increasing my safety and preparing in advance for the possibility of further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to my partner and how to best get myself to safety.

Safety During an Argument

1. If we have an argument when we are out in public, or on a date and I feel unsafe, I will _____

(Whom could you call to get a safe ride home? What would you do if you were left in an isolated area?)

2. If we have an argument at my place of employment and I feel unsafe, I will _____

3. If we have an argument at home, and I feel unsafe, I will try to discuss it in _____

(Avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to a door)

4. I will use _____ as my code word with my family and friends so that they can call for help.

Safety in My Home

1. I will _____ if we are at home and I feel unsafe. *(Whom can you call to come over? Whom can you call if you need help?)*

2. I will _____

if we get in an argument and I feel unsafe. (What exits are there in your house? Where are all the phones that you can use to call the police?)

3. When my partner calls and I feel threatened, I will _____

(Can you screen your calls with an answering machine? Change your phone number? Could you have the telephone company trace the calls for a stalking report?)

4. If I see my partner standing outside I will _____

so that I can be safe. (Who can help you? Can you take pictures or document how many times it happens, to file a stalking report?)