

DOMESTIC VIOLENCE

SAFETY PLAN

Many women stay in abusive relationships because they believe they have nowhere else to go, they are not prepared to leave, they believe they are all alone and no one understands or cares, or they think that they will be judged by their family and friends. Breaking the cycle of abuse is scary and unpredictable. Staying in a toxic environment, although unhealthy and unsafe, may seem "easier or better" than confronting the embarrassment and shame of being in an abusive relationship, overcoming the fear of breaking free from a co-dependent relationship, and embracing the uncertainties of the unfamiliar.

The weight of abuse is too much for you to bear alone! You need a strategy to help and protect you. You need a support system, you need to set boundaries, and you need a **Safety Plan**. Having a POA (plan of action) in place will prepare you to secure your safety and can even save your life! This is a chart to help you create your own **Safety Plan**. Remember you are not alone, but only you can break the cycle of abuse. You are stronger than you think! Your life matters, and you are worth saving. You can do this!

Your Advocate & Fellow Domestic Violence Survivor,

Hope Victoria Porter



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ESTABLISH

Establish a strategy for what to do in different scenarios. It's easier to already know what to do in a given situation than to be in a situation and not know what to do.

IDENTIFY

Identify safe people who know your situation and are willing and able to help you on a short notice and will not disclose any information about you or your whereabouts to your abuser.

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LIST

Make a list of the names, addresses, phone/cell numbers, of people and organizations (legal, community, law enforcement, etc.) that provide resources to help you.

START

Start a safety fund, a separate and secret bank account that your abuser knows nothing about, where you can easily access and withdraw cash from when needed.

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PACK

Pack a safety bag filled with 7 (seven) days or more of essential items: underwear, pants, shirt, sweater, jacket, socks, 1 pair of shoes, travel size toiletries, and medication (if applicable). It is recommended to keep this bag in the trunk of your vehicle or at your "safe house."

SAFE PLACE

Set up a safe place "safe house" you can hide out for protection for an extended period of time (ex: a relative's or a friend's home that your abuser does not know where they live, an apartment, shelter, etc.).

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TIME OFF WORK

If possible, have three or more days of vacation or sick time saved up at work that you can use anytime you need it.

DOCUMENTS

Keep copies of important documents (birth certificate, ID/driver's license, passport, bank/credit card, bank account information, social security card, lease/mortgage, restraining order, court order, etc.). If possible, do not keep these documents in your home where your abuser can gain access to and take or destroy.