

# MY SAFETY PLAN



## STEP 1 – I AM IN A RELATIONSHIP WITH AN ABUSER

- I can tell \_\_\_\_\_ about the violence I am experiencing and encourage them to call the police if they hear loud or suspicious noises coming from my home. I will make sure that important phone numbers are accessible to my children and I.
- I will teach my children how to use the telephone to contact 9-1-1.
- If I know my abuser is escalating, I can use a code word with my children or friends/family as a way to indicate that they need to call the police.
- When I expect my abuser is going to lash out, I can move to a place that is lower risk such as \_\_\_\_\_. (Try to avoid rooms that have possible weapons or hard surfaces such as bathrooms, garages and kitchens. Avoid rooms without access to an outside door.)
- If violence is unavoidable, I will protect myself by curling up into a small ball in a corner, protecting my face and head with my arms.
- If I need to leave my home, a safe place I can go to is \_\_\_\_\_.
- I can keep a bag packed with important items in case I have to leave home quickly.
- I will use my best judgement and intuition to stay safe. If the situation is very serious, I can and should give my abuser what they want to calm them down; I have to protect myself until I am able to leave.
- I can document all instances of abuse along with their date and time in a safe place even if I am not able to leave yet.

## STEP 2 – PREPARING TO LEAVE

- I can leave money and an extra set of keys with \_\_\_\_\_ so I can leave quickly.
- I can practice my escape route and plan.
- I can request a police escort or standby while I leave.
- I will keep copies of important documents such as passports, school records, medications, photo IDs, Social Security cards, credit cards, birth certificates with \_\_\_\_\_.
- I can open a bank account in my own name to increase my independence.
- I can create a false trail if my abuser has access to my phone records. I can call police departments, schools, hotels, etc. in a location far away from me. I can then get my own phone number and request that the cell phone provider make my number unlisted.
- I will review my plan every \_\_\_\_\_ with a domestic violence advocate or a friend to make sure my plan is still the safest way for me to leave the residence.
- I will have a backup plan.

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## STEP 3 – SAFETY AFTER THE SEPARATION

- I can change the locks on my doors and ensure the windows are secure as soon as possible.
- I can replace wooden doors with steel or metal doors.
- I can install security systems including additional locks, motion detection outside that lights up when someone is close, window bars, poles to wedge against doors, etc.
- I will teach my children how to make a collect call to me or a trusted adult in the event my partner takes the children.
- I will tell the people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. I will inform the school, the babysitter, the teacher, etc. I will make sure these individuals have a copy of my protective order.
- I can inform \_\_\_\_\_ (neighbor) and \_\_\_\_\_ (friend) that my partner no longer resides with me and that they should call the police if he is observed near my residence.
- I can avoid stores, banks, etc. that I used frequently when I was with my abuser.

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## TELEPHONE NUMBERS I NEED TO KNOW

**Naperville Police Department:** 9-1-1 or (630) 420-6666 (non-emergency number)

**National Domestic Violence Hotline:** (800) 799-7233

**Family Shelter Services 24/7 Hotline (DuPage County):** (630) 469-5650

**Guardian Angels 24/7 Hotline (Will County):** (815) 729-1228

**Naperville Police Department Victim Advocate Gianna Trombino:** (630) 305-5488

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## I WILL REMEMBER

*I do not deserve to be treated like this. Help is available when I am ready.*

*What I am experiencing is not my fault. I do not provoke this abuse.*

*I am not alone in this. Every minute, an average of 20 people throughout the country are abused by an intimate partner.*