My Safety Plan

You deserve to be safe and happy.

Steps to staying safe:

- Keep a little money with me.
- Keep my cell phone charged and with me.
- Teach my children to go to a safe place (a friend’s, neighbor’s, or relative’s home).
- Teach my children to call the police when there is danger and to give their full name, address, and phone number.
- Keep an emergency bag ready in a safe place.

Building my independence:

- I can start saving money and store it in a safe place (like my own bank account).
- I can get help from a counselor, an advocate, a health care provider, or legal services.
- I can try to keep in touch with a friend or family member who I trust.

Things to put in my emergency bag:

- Medications/prescriptions
- Cell phone/charger
- Photo ID/driver’s licence
- Extra keys
- Restraining order
- Passports/immigration papers/green cards
- Electronic Benefit Transfer (EBT) card
- Custody order
- Bank card/credit cards
- Work permits
- Photos of abuser
- Address book
- Special toys
- Money
- Clothes
- Toiletries and diapers
- Other: __________

If you have proof of abuse, bring it with you.

Important phone numbers:

Police 9-1-1

Local Domestic Violence Hotlines

Local Sexual Assault Hotline

For restraining order help call

LGBT support

Legal Aid

National DV Hotline 1-800-799-SAFE

National Sexual Assault Hotline 1-800-656-HOPE

National Teen Abuse Hotline 1-866-331-9474

National Suicide Hotline 1-800-SUICIDE

Help after sexual assault:

If my partner or anyone else has forced me to have sex when I did not want to, I can:

- Go to a local hospital emergency room.
- Call the local or national 24-hour sexual assault hotline:

Other resources:

Developed by LEAP 09/2009. May be used unaltered without permission as long as you credit LEAP (Look to End Abuse Permanently), c/o Maxine Hall Health Center, 1301 Pierce St., San Francisco, CA 94115 www.leapsf.org

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Many people love their partners and also feel that their relationships put them in danger.

Does my relationship have any of these signs of danger?

☐ My partner has injured me badly enough that I needed medical treatment.

☐ My partner follows me everywhere I go.

☐ My partner has threatened to hurt my children.

☐ My partner uses alcohol or drugs.

☐ My partner has forced me to have sex when I didn’t want to.

☐ My partner has threatened to kill me.

☐ My partner has threatened to kill himself/herself.

☐ My partner has a gun or can get a gun easily.

☐ Other things my partner does that concern me:

Other:

Safety during a fight:

Move away from:
- Weapons (guns and knives)
- Small and dangerous places (car, kitchen, bathroom)

Move toward a safer place such as:
- Room with exit
- Room with phone
- Public place

If I need to call the police:
- I will give them my address and tell them if there is a weapon.

The closest place I can go if I need help or need to leave:

Police/fire station:

Hospital/clinic:

Friend’s/neighbor’s/family member’s house:

(name/address(phone number)

Other:

What do I think about my relationship?

☐ I’m not sure how I feel about this relationship.

☐ I think this relationship will get better.

☐ I want to end this relationship.

☐ Other:

Other:

Being in a relationship that is hurtful can cause a lot of different feelings. It is normal to have some or all of these feelings.

Check all that you feel:

☐ Ashamed

☐ Confused

☐ Hopeful

☐ Sad

☐ Afraid

☐ Love

☐ Angry

☐ Numb

☐ Hopeless

☐ Happy

☐ Trapped

☐ Alone

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