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
- Restraining order
- Passports/immigration papers/green cards
- Electronic Benefit Transfer (EBT) card
- Bank card/credit cards
- Custody order
- Work permits
- Photos of abuser
- Address book
- Special toys
- Clothes
- Toiletries and diapers
- Money

Important phone numbers:

<table>
<thead>
<tr>
<th>Police</th>
<th>9-1-1</th>
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<tbody>
<tr>
<td>Local Domestic Violence Hotlines</td>
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<tr>
<td>Local Sexual Assault Hotline</td>
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<tr>
<td>For restraining order help call</td>
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<td>LGBT support</td>
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<tr>
<td>Legal Aid</td>
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<tr>
<td>National DV Hotline</td>
<td>1-800-799-SAFE</td>
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<tr>
<td>National Sexual Assault Hotline</td>
<td>1-800-656-HOPE</td>
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<tr>
<td>National Teen Abuse Hotline</td>
<td>1-866-331-9474</td>
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<tr>
<td>National Suicide Hotline</td>
<td>1-800-SUICIDE</td>
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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:

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

LEAP
LOOK TO END ABUSE PERMANENTLY
WWW.LEAPSF.ORG

My Safety Plan 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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Do not take this with you unless it is safe to do so.
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:

☐ 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: