**My Safety Plan**

You deserve to be safe and happy.

Do *not* take this with you unless it is safe to do so.

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### My Relationship and My Safety

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

**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.

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:

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### 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: _______________________________

### 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:
  - (friend’s, neighbor’s, 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.

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Things to put in my emergency bag:

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

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

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.

Important phone numbers:

- **Police**: 9-1-1

Local Domestic Violence Hotlines:

- La Casa de Las Madres: 1-877-503-1850
- WOMAN, Inc.: 415-864-4722

Local Sexual Assault Hotline: 415-647-7273

For restraining order help call: 415-255-0165

SF Suicide Prevention Hotline: 415-781-0500

LGBT support (CUAV): 415-333-HELP

Bay Area Legal Aid: 1-800-551-5554

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 Prevention 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 **SFGH Emergency Department/Rape Treatment Center**, 1001 Potrero Avenue
- Call the **Trauma Recovery Center** between 8:00- 5:00 Monday through Friday: (415) 437-3000
- Call **SF Women Against Rape’s 24 hour hotline**: (415) 647-7273

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