

END THE SILENCE: SAFETY PLANNING

Safety plans are important whether or not you live with an abusive partner. During emergencies, it is difficult to think about safety measures. Plan ahead for your emotional and physical safety. Experiencing abusive emotional tirades is also damaging.

Review the ideas in the Safety Suggestions handout and develop your own personal plan. Filling this out helps organize your thoughts even if the plan must be hidden. If this is necessary, consider a good hiding spot for you. Some possibilities are safe deposit boxes, a place at home the abuser wouldn't think to look, at work, in a password protected document, and with a friend or family member.

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1. Some people experience a cycle of violence that includes “honeymoon” times with a build-up of tension. Are there any cues that tell you your partner is escalating to possible abuse? If so, what are they? The following could be used when you notice any cues.
 2. What measures can you take to be emotionally safe when an abusive partner harasses you?
 - a. Where could you go?
 - b. Who can help you not to believe the personal things the abuser says about you?
 3. If you live with an abusive partner, what would you need to have in place so you could leave quickly and safely?

4. Where would you go for safety if you needed to leave your home? Are there people you want to alert to that possibility ahead of time?

5. If you've separated, what safety measure have you taken to protect yourself and children if you have them? Are there additional measures you want to add?

6. Who are the people and organizations you trust to be supportive? Write names and phone numbers if possible.

7. What legal and financial documents do you need access to if you leave? Make copies if you can't have originals and keep them in a protected place.