



Safety Plan Worksheet

This safety plan is intended to offer suggestions to help keep you and your family safe. Consider the options most closely related to your situation – trust your own intuition when making decisions! Choose the options that will help enhance your safety. Confide in individuals whom you trust; those able to offer support and look out for your best interest. Knowing what to do to keep you safe when violence occurs is important!

Strategies to Keep Safe When Violence Occurs:

- Practice how to get safely out of your residence or any other place. Decide which doors, windows, elevators, stairwells or fire escapes you would use.
- Keep your keys in a place you can get to and then leave quickly.
- Teach your children how to use the telephone to contact the police and fire department.
- Establish a code word with your children or other supportive person so they know when to call for help.
- Decide who you can call about the violence and instruct that person to call the police if they suspect violence is occurring.
- When violent behavior is escalating, try to move to a space that has the lowest risk of injury. Avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.

Strategies to Keep Safe When Preparing/Planning to Leave:

- Plan carefully to increase safety.
- Leave money and an extra set of keys with someone you trust outside of the home.
- Keep copies of important documents in a place that can be accessed quickly and safely.
- Open a savings account to increase your independence.
- Leave extra clothes with someone you trust.
- Keep change on you at all times for phone calls. Keep in mind that cell phones, track phones and calling cards can appear on your home phone bill.
- Arrange where you can stay if you need to leave quickly.
- Determine other things specific to you that you can do to increase your independence.

Things to Take with You if You Decide to Leave (some may not apply to your situation)

- Identification documents/DL/Social Security Card
- Work permits
- School records
- Checkbook/band records
- Keys (house, car)
- Medication
- Insurance papers
- Items of special value
- Pictures
- Jewelry
- Money, ATM card, credit card
- Birth certificates
- Mortgage/Lease papers
- Marriage Certificate/Divorce Papers
- Vehicle registration
- Public Assistance papers

Strategies to Keep Safe with a Restraining Order:

- Keep a copy on your person at all times.
- Give a copy to police departments closest to work and home.
- Inform your employer, minister, school, and other trusted individuals that you have a protection order.
- If you travel to or visit another county often, file the protection order with that county and notify law enforcement in that area.
- **IMPORTANT:** If your partner violates the restraining order in any way, contact local law enforcement immediately or when it is safe to do so.

Important Phone Numbers You May Want with You at All Times:

- Police Dept. closest to work
- Police Dept. closest to home
- Local domestic violence program,
The Women's Center - 262.542.3828
- Counselor or Therapist
- Waukesha County Victim Witness
262-548-7071
- Supervisor's contact number
- School
- Doctor
- Attorney
- Children's school
- Minister
- Daycare

Strategies to Keep Safe in Your Home with a Restraining Order in Place:

- Change locks on doors and windows as soon as possible.
- Replace wooden doors with steel/metal doors.
- Install security systems including additional locks, window bars, poles to wedge against doors, an electronic system etc.
- Install smoke detectors and purchase fire extinguishers for each floor in your house/apartment.
- Install an outside lighting system with motion detector.
- Teach your children how to use the telephone and make collect calls and also how to use cell phones.

Strategies to Keep Safe at Work and in Public with a Restraining Order in Place:

- Inform your supervisor, security personnel, and other trusted co-workers about your situation.
- Ask a trusted individual to screen your calls.
- When leaving work, take alternate routes home and continue to modify the route taken.
- Use different bank locations and grocery stores at varying times of day and week.

**If you would like to talk with someone further about safety planning, please call
The Women's Center at 262.542.3828.**