

## SAFETY WITH MY CHILDREN

- I can teach my children to call 911. I can teach them that once they have made a call to 911 that they should stay on the line and not hang up.
- I can teach my children a code word and the next steps to take that I will use to signal them when an emergency exists.
- I can rehearse an escape plan and practice it with my children.
- I can teach my children how to use the phone and make calls to myself and \_\_\_\_\_ (friend, family, religious organization, etc.) if my partner tries to take them.
- I can teach my children how to stay out of a conflict and where to hide.
- I can teach my children how to get out of the house and go next door or to a pre-arranged safe meeting space.
- I will provide a copy of my OFP and inform the following people that my partner is NOT allowed to pick up my children:
  - School/Teachers \_\_\_\_\_
  - Daycare \_\_\_\_\_
  - Babysitter/Nanny \_\_\_\_\_
  - Religious Programs \_\_\_\_\_
  - Other \_\_\_\_\_

## SAFETY WITH MY PETS

- If you are planning to leave, identify safe shelter for your pet (Friend, family, veterinarian, animal shelters) \_\_\_\_\_
- Pack a leash, food, medicine, ownership documents, vet records, toys, and bedding.
- How will you get them out of the house safely? \_\_\_\_\_

## MY CHECKLIST

(WHAT I NEED TO TAKE WITH ME WHEN I LEAVE)

- \_\_\_ Identification/driver's licence/social security card
- \_\_\_ Children(s)/my birth certificates
- \_\_\_ Cash/checkbook
- \_\_\_ Credit cards/account numbers
- \_\_\_ Pay stub
- \_\_\_ Medications/medical records
- \_\_\_ Lease/rental agreement
- \_\_\_ Insurance papers
- \_\_\_ Car keys/vehicle registration
- \_\_\_ Sentimental Items (pictures, jewelry, etc.)
- \_\_\_ School records
- \_\_\_ Contact information of family/friends
- \_\_\_ A journal
- \_\_\_ Other: \_\_\_\_\_
- \_\_\_ Other: \_\_\_\_\_

## IMPORTANT CONTACT INFORMATION

- Local Police Department: \_\_\_\_\_
- Domestic Abuse Program: \_\_\_\_\_
- Sexual Assault Program: \_\_\_\_\_
- Attorney: \_\_\_\_\_
- Counselor: \_\_\_\_\_
- Spiritual Support/Clergy: \_\_\_\_\_
- Probation Officer: \_\_\_\_\_
- Other: \_\_\_\_\_

### MN DAY ONE CRISIS LINE

#### DOMESTIC VIOLENCE SHELTER INFORMATION

CALL: 1-866-223-1111

TEXT: 612-399-9995

2-1-1 UNITED WAY

GENERAL RESOURCES

CALL: 211

CALL OR TEXT 911

# Personalized Safety Plan



**SOUTHERN VALLEY ALLIANCE 24-HOUR CRISIS LINE**

CALL: 952-873-4214

EMAIL: [CRISIS@SVAMN.ORG](mailto:CRISIS@SVAMN.ORG)

**COURT ADVOCACY**

**SUPPORT GROUPS**

**CHILDREN'S SUPERVISED VISITATION CENTER**

## SAFETY DURING VIOLENCE

- I can use this code word with my family, friends, children, etc. to call 911: "\_\_\_\_\_".
- When an argument erupts, I can move to a safe room with a door or exit window, if possible, such as: \_\_\_\_\_ (avoid bathroom, garage, and kitchen).

## WHEN PREPARING TO LEAVE

- I can keep a bag with money, copies of important documents, and keys ready and put it \_\_\_\_\_ so I can leave quickly. Or, I will leave these things with \_\_\_\_\_.
- I can tell \_\_\_\_\_ and \_\_\_\_\_ (neighbors) about the violence and ask them to call Law Enforcement if they hear/see anything suspicious.
- I can check with \_\_\_\_\_ and \_\_\_\_\_ to know who will let me and my children stay with them if I leave my home, even if I think I will never need to leave.
- I can purchase a prepaid cell phone and card and hide it \_\_\_\_\_ to use to call for help without being tracked. (in cleaning supplies, tampon box, car, etc.)
- I can open a savings account by \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (date) to increase my independence.

## SAFETY AT WORK AND IN PUBLIC

- I can tell my coworker(s), \_\_\_\_\_, and/or boss, \_\_\_\_\_, about this situation.
- IF I HAVE LEFT MY PARTNER:
- I can switch my work hours, if possible.
  - I can switch my children's school(s), if possible.
  - I can take different routes to work/school.
  - I can shop at a different grocery store, \_\_\_\_\_, and mall, \_\_\_\_\_, at different hours than I did when I was with my partner.
  - I can switch to a new bank, \_\_\_\_\_, than I used when I was with my partner.
  - I can reschedule appointments that the offender is aware of.
  - I can call the telephone company to request caller ID for any landlines and ask that my phone number is blocked.

## SAFETY IN MY HOME

### (EVICTED PERPERTRATOR OR LIVING ALONE)

- \_\_\_\_\_ I can obtain an Order for Protection.
- \_\_\_\_\_ I can change the locks on my doors and windows as soon as possible.
- \_\_\_\_\_ I can replace wooden doors with steel doors.
- \_\_\_\_\_ I can install security systems - i.e., locks, window bars, automatic outdoor lights, poles to wedge in doors, etc.
- \_\_\_\_\_ I can purchase rope ladders.
- \_\_\_\_\_ I can remove guns from my home.
- \_\_\_\_\_ I can purchase mace spray.

## ENFORCING MY OFP

- I can keep an extra copy of the OFP \_\_\_\_\_ (location). I will always keep a copy with me.
- I can inform my family, friends, neighbors, employer, coworkers, landlord, church personnel, etc. of my OFP.
- I can give them a copy of my OFP along with a picture of the offender.
- I can give a copy of my OFP to the police/sheriff's department where I live.
- If my OFP gets destroyed, I can go to my County Government Center and get another copy.
- I can modify my OFP due to immediate harm to myself/my children.
- If my partner violates my OFP, I can call 911 and report it. I can also inform my lawyer, an advocate, and my counselor.

## MY EMOTIONAL HEALTH

- When I feel ready to return to a potentially violent partner, I will \_\_\_\_\_.
- When I have to talk to my partner, I will \_\_\_\_\_.
- I will use "I am" statements and be assertive with people.
- I will tell myself "\_\_\_\_\_ " when I feel people are trying to control or abuse me.
- I can call the following people/places for support: \_\_\_\_\_.
- Things I will do to make myself feel stronger are: \_\_\_\_\_.