

PERSONALIZED SAFETY PLAN

KEEP THIS INFORMATION IN A SAFE PLACE WHERE YOUR PARTNER CANNOT FIND IT!

*Although I do not have control over what my partner does, and cannot always expect to predict a violent incident, I **do** have choices about how to respond and I can take the steps listed to get myself and my children to safety.*

1. Important phone numbers: The police: 911

LIADV 24 Hour Hotline: 631-666-8833

2. In an emergency, I can do some or all of the following things

- Call 911
- Use _____ as the code word/signal to my children and/or family to let them know I want someone to call the police.
- Neighbors will call the police if they hear fighting because I have discussed my situation with them and asked them to do so:
Name: _____ Phone: _____
Name: _____ Phone: _____
- Trust my instincts and use good judgment: I will try to move to a low-risk space and keep myself near a phone or an exit
- Keep an extra set of car keys, some extra money and an extra set of clothing for my children and me. Keep my cell phone in a safe place. I can access these things in an emergency and leave the house.
- I can go to these places if I have to leave my home in a hurry:
Name: _____ Phone: _____
Address: _____

SAFETY MEASURES WHILE IN AN ABUSIVE RELATIONSHIP

If you are still living with your abusive partner, these are some things you can do to ensure you and your children's safety.

1. Plan an escape route and rehearse it with my children until we know it by heart.
2. Use _____ as the code word/signal to my children that we are going to go.
3. Teach my children to call 911. I will make sure they know how to give their address.
4. Discreetly pack a bag with clothing for me and my children and copies of the following documents. (I will leave the bag with _____ for safe-keeping.)
 - Birth Certificates Passports or Green Cards Extra Cash
 - Driver's License Car Registration Prescriptions/Medications
 - Address Book Insurance Cards Keys
 - Bank Books/Credit Cards Welfare Identification Immunization Records
5. Speak with a LIADV advocate about obtaining an Order of Protection.
6. If I don't have a cell phone, I will obtain one from LIADV and keep it with me at all times.
7. I can begin to build up my independence by joining a LIADV Support Group, enrolling in computer training classes and working with the LIADV Employment Specialist.

SAFETY MEASURE AFTER LEAVING THE RELATIONSHIP

Once you no longer live with your abusive partner, these are things you can do to enhance safety for you and your children.

1. Change the locks on doors and windows if I am still in the home and the batterer is the one who left.
2. As I find the resources, I can also: install a security system, motion sensitive lights, window guards and smoke detectors.
3. I can change my patterns: avoid stores, banks, businesses and other places where my partner might expect to find me.
4. I can tell _____ and _____ that I am no longer living with my partner, and ask them to call the police if they believe my children and I are in danger.
5. If I am being followed while driving to work, stores, etc., I can call 911 from my cell phone and/or drive to the nearest police precinct.
6. I can petition in Family and/or District Court for an Order of Protection against my partner. I can speak with an LIADV Advocate to obtain assistance with this process.
7. I can keep a copy of my Order of Protection with me at all times.
8. If I decide I need changes in my Order of Protection, I will speak to an advocate and go to court to petition for modifications.

9. I can tell the people who take care of my children the names of the people who have my permission to pick them up. I will make sure they recognize those people.
10. I can give people who take care of my children (schools, babysitters, etc.) copies of my Order of Protection, Custody Order and emergency phone numbers.
11. At work, I can tell my supervisor and/or the Employee Assistance Program and _____ about my situation.
12. I can ask _____ to help screen my calls at work.