



Safety Plan

Safety During Violent Incident

- I will attempt to leave the residence if I suspect an argument is about to start.
- If I can't leave immediately, I will move to a place that is low risk, such as:
 - _____
 - _____
 - _____
- If I decide to leave, these are two routes I can use to exit the home:
 - _____
 - _____
- If I decide to leave, I can go to:
 - Location 1: _____
 - Location 2: _____
 - Location 3: _____
- I can contact 911 if I am in immediate danger or can call the local non-emergency number at, _____ if I have already left the scene.
- I can tell these individuals about the violence and request that they call the police if they hear suspicious noises coming from my residence
 - _____
 - _____
 - _____
- I can teach these strategies to my children if I feel it is safe to do so:
 - How to contact police and when this should be done (can practice on a fake phone)
 - Code word or phrase that indicates when my they should leave or call for help
 - The code word or phrase is: _____.
- I will use my judgement and intuition. If the situation becomes serious, I will give my partner what they want to deescalate them and protect myself until _____.