

My Personal Safety Plan

1. If I decide to leave, I will _____
(Practice how to get out safely. What doors, windows, or fire escapes would you use?)
2. I can keep my wallet/purse and car keys ready and put them (place) _____
3. I can tell _____ (friend, family member, or neighbor) about the violence and ask them to call the police if they hear anything out of the ordinary coming from my house or if they can't locate me. I can also tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house or if they can't locate me.
4. I can teach my children how to use the telephone to contact the police and fire department. I will use _____ as my code with my children or my friends so they can call for help.
5. If I have to leave my home, I will go _____ If I cannot go to the location above, then I can go to _____
6. I can also teach some of these plans or ideas to some/all of my children.
7. When my partner is becoming upset, when I feel unsafe or expect we are going to have an argument, I will try to move to a space that is safer for me, such as _____ (Try to avoid arguments in the bathroom, garage, and kitchen, near weapons or in rooms without access to an outside door.)
8. I will use my judgement and intuition. I have to protect myself until I / we are out of danger.
9. If I am being forced to have sex, I may need to fight back. I can help protect myself - I yell; I say "No" or "don't"; choose not to fight; ask him to use a condom.
10. If I have been sexually assaulted I should do the following if I want to report the assault to the police. If I choose not to call police, I should still go to the hospital or doctor for a medical check. I can take _____ with me for support.

- **Do not take a shower or bath**
- **Keep all of the clothing that I was wearing at the time that I was assaulted**
- **Do not clean up the house or apartment.**
- **Call the police - if I want to.**
- **Call the SANE Program if you do not want to report; you can still have an exam done, and STI testing and treatment, as well as resources 520-562-5151**
- **Go to the hospital if you need medical care**

