

Client Safety Plan

How to keep myself and my family safe



Danger Assessment:

Check off boxes that apply

- Respondent has strangled/suffocated me in the past
- Respondent has threatened or attempted suicide or homicide
- I have witnessed abuser being abusive towards pets or other animals
- Respondent uses drugs and alcohol
- I feel like I am being watched/followed/stalked
- I have a computer or email or phone that Respondent has access to
- Respondent has access to guns and weapons

Safety during/after a DOMESTIC VIOLENCE INCIDENT:

The safest place in my home to move to is:

I have code words with my children to signal them to call 911, which are: _____

If my abuser surprises me in my car or out in public, I can do these things to get attention and get out:

I will document, keep records, and take pictures of anything that occurs and store these items in this safe place: _____

Safety at HOME and with MY FAMILY:

The safest way for me to leave in case of emergency is

In case of emergency I can contact:

_____ at (____) _____

A place me, my children, and pets can flee to be safe is:

I will communicate with my neighbors and tell them my signal call or code word for help is:

Some friends and family who are aware of my situation and know my schedule are:

1.) _____ phone # _____

2.) _____ phone # _____

3.) _____ phone # _____

Safety in MY COMMUNITY:

For emergencies: 911

Between Friends' Domestic Violence Hotline:
1-800-603-HELP(4357)

Statewide Domestic Violence Helpline:
1-877-863-6338

Local police station: _____

Phone #: _____

Address: _____

Local domestic violence organization: _____

Phone #: _____

Address: _____

Local free legal assistance: _____

Phone #: _____

Address: _____

Nearest DV Shelter: _____

Phone #: _____

Between Friends

Building a Community Without Domestic Violence

www.betweenfriendschicago.org

For information about our FREE LEGAL CLINIC contact Victoria Piehowski at 773-274-5232 ext 23 or for Suburbs contact Brenda Tori or Maria Lopez at 847-818-8900

Safety after getting an ORDER of PROTECTION:

I will give a copy of my OP to (circle) :

school job in my car home family members

I trust and can notify these people at work, school, or where I live about my OP: _____

I will explain safety rules to my children so that they will know what to do.

I will un-list my phone number and address from public records.

If I live with the abuser, I will keep important documents together in a bag in a safe location or left with someone I trust:

- Money, bank cards, credit cards, food stamps
- Extra clothes and toiletries
- Medications, immunization records for kids
- Birth certificates, driver's license, S.S card, passport, insurance/medical cards, custody papers, vaccination records, lease/house documents
- Jewelry and small valuable items
- Keys to house and car
- Pre-paid calling card or cell phone
- List of important phone numbers and addresses
- Copy of Order of Protection

These are things I can do everyday to keep myself safe:

- I will keep in my cell phone and important numbers with me at all times
- I will move, if possible, to ensure my safety
- I will change my locks and/or add other security to my home (alarm system, locking garage, getting deadbolt locks on doors, install motion sensitive outdoor lighting)
- I will have my own private banking account, credit card and will check my credit reports
- I will walk and park in secure, well lit areas
- I will take self-defense classes
- I will change up my work routine, routes, lunch breaks, shifts, etc
- I will always have my car and home keys out and ready
- I will be aware of my surroundings before getting in and out of my car as well as while driving
- If I think I'm being followed or stalked, I will go to the closet police station and try to file a report no matter what the police officers say. I will keep the name and badge number of the police officer who helped file any reports in a safe place

These are things I can do safe with my cell phone, technology, and with outside communication:

- I will ensure that my abuser cannot access my cell phone by changing the number, voicemail password, and keep the phone company aware of my security needs
- I will print out any threatening or harassing emails or texts as evidence
- I will keep my online profiles as secure and private as can be
- I will not answer calls from unknown, blocked, or private calls
- I will not communicate with my abuser using any type of technology, as this can be recorded and possibly used against me in the future

I have thoroughly gone through the above items of my safety plan with my advocate and will continue to read and practice ways to keep myself and my family safe.

Date: _____

Signature: _____

Advocate Signature: _____