

## **THE NATIONAL DOMESTIC VIOLENCE HOTLINE**

1.800.799.SAFE (7233) Text "START" to 88788

<https://www.thehotline.org/plan-for-safety/>

<https://www.thehotline.org/plan-for-safety/create-a-safety-plan/>

(Below is an **example** of what is included in the interactive safety planning tool which you can find at the link above)

### Interactive guide to safety planning

Introduction - Basics – Home - School - Job – Technology - Partner - Children - Emotional

**SAFETY ALERT:** The interactive guide to safety planning requires you to enter information into an online form. Before you begin, be sure that the computer you are using is in a safe location and is not being monitored by your partner. Click here to learn more about how an abusive partner can monitor your computer.

If you are using a school or work computer, remember that the information you enter may be monitored by your school or employer.

If it is not safe for you to enter information into the computer, you can still read through the safety plan and think about your answers to the questions.

When you exit the safety plan, your information will not be stored on the website. If you need to exit the safety plan quickly, click on the "Escape" button at the top right of the page. If you are in danger, call 911 immediately.

### WHAT IS A SAFETY PLAN?

A safety plan is a set of actions that can help lower your risk of being hurt by your partner. It includes information specific to you and your life that will increase your safety at school, home, and other places that you go on a daily basis.

### HOW DO I MAKE A SAFETY PLAN?

Take some time to go through each section of this safety planning tool. You will be asked a series of questions to help you identify your safety options. You can use this tool on your own, or you can use it with a friend or an adult you trust. Click on the to see additional safety tips and other helpful information.

At the end of the process, you will have a printable version of your personalized safety plan that you can reference whenever you need it. You can read it online, print it immediately, or have a link sent to your email. The link will be active for 24 hours; after that, your information will be deleted from the website.

You will also be given a pocket-sized emergency contact card that you can fill out with phone numbers and keep with you at all times so you always know how to contact the most important people.

### KEEP IN MIND:

For this safety plan to work for you, the information you fill in must be honest and accurate.

Once you complete your safety plan, be sure to keep it in an accessible but secure location. You should also consider giving a copy of your safety plan to someone that you trust.

If you don't feel safe keeping the printed safety plan or emergency contact card with you, then you can still use the safety tips. Try to memorize at least one phone number of someone you can call any time.

You know your situation better than anyone else; trust your judgment and weigh your options before taking any steps.

## **BASICS**

### WHOM DO YOU LIVE WITH?

Family Roommates Alone My partner

### WHAT'S YOUR ZIP CODE?

This will help us find resources in your community.

12345

ZIP Code

### WHAT SCHOOL DO YOU ATTEND?

Middle school High school College/University I'm not in school

### DO YOU HAVE A JOB?

Yes No

DO YOU HAVE CHILDREN (OR ARE YOU CURRENTLY PREGNANT)?

Yes No

DO YOU IDENTIFY AS:

Straight Lesbian, gay, bisexual, or queer Other

ARE YOU:

Male Female Transgender Other

EMAIL ADDRESS

We'll email a private link to your safety plan to the following email address. This link will expire after 24 hours and your private data will be deleted from our site. We never store your information.

Email address

### **HOME**

HAVE YOU TOLD SOMEONE IN YOUR FAMILY ABOUT YOUR RELATIONSHIP?

Yes No

WHAT WORD OR PHRASE CAN YOU USE AS A CODE IN A PHONE CALL, TEXT, OR INSTANT MESSAGE TO ASK YOUR FAMILY, FRIENDS, OR NEIGHBORS TO CALL FOR HELP WITHOUT YOUR PARTNER KNOWING?

DURING TIMES WHEN YOU ARE HOME ALONE, WHO CAN STAY WITH YOU IF YOU DON'T WANT TO BE ALONE? Write this person's phone number on your emergency card and keep it in your wallet or another safe place. This way you can reach your friends and family even when you do not have your cell phone. This is especially important if your partner has ever threatened or tried to take or break your cell phone.

IF YOU'RE NOT COMFORTABLE BEING AT HOME, WHERE ELSE COULD YOU GO TO STAY SAFE?

IF YOU NEED TO LEAVE YOUR HOME IN AN EMERGENCY, WHAT IS A SAFE PUBLIC PLACE WHERE YOU COULD GO? This can be a nearby police station, a store, a McDonald's, or any other place that's open and has people around.

IF YOU NEED TO LEAVE YOUR HOUSE QUICKLY, WHICH ITEMS WOULD YOU NEED TO TAKE WITH YOU?

- Identification (e.g., driver's license, school ID, military ID, immigration documents)
- Cell Phone
- Cell phone charger
- Medication (e.g., asthma inhaler, insulin, Epi-Pen)
- Cash
- ATM card
- House key
- Car key
- A change of clothes
- Comfort items (e.g., favorite stuffed animal or photograph)
- Baby supplies (formula, diaper, wipes, change of clothes)
- Copy of Protection/Restraining Order
- Child's birth certificate
- Health insurance card

- Other
- 

DO YOU HAVE A PROTECTION ORDER AGAINST YOUR PARTNER?

Yes No

### **SCHOOL**

IF YOU NEED TO AVOID SEEING YOUR PARTNER ON YOUR WAY TO OR FROM CLASS, WHAT ROUTE CAN YOU TAKE TO GET YOU THERE SAFELY? This should be a different route than you usually take.

HAVE YOU TOLD SOMEONE ON CAMPUS ABOUT YOUR RELATIONSHIP?

Yes No

WHOM CAN YOU SPEND TIME WITH BETWEEN CLASSES, SO THAT YOU ARE NOT ALONE? You can list more than one person.

IF YOU NEED TO LEAVE SCHOOL IMMEDIATELY, WHOM CAN YOU CALL TO PICK YOU UP OR MEET YOU? Write this person's phone number on your emergency card and keep it in your wallet or another safe place.

### **JOB**

IF YOU WANT TO AVOID SEEING YOUR PARTNER ON YOUR WAY TO OR FROM WORK, WHAT ROUTE CAN YOU TAKE TO GET THERE SAFELY? This should be a different route than you usually take.

HAVE YOU TOLD SOMEONE AT WORK ABOUT YOUR RELATIONSHIP?

Yes No

DOES YOUR PARTNER WORK AT THE SAME PLACE?

Yes No

IF YOU NEED TO LEAVE WORK IMMEDIATELY, WHOM CAN YOU CALL TO PICK YOU UP OR MEET YOU? Write this person's phone number on your emergency card and keep it in your wallet or another safe place.

### **TECHNOLOGY**

DO YOU HAVE AND USE A CELL PHONE?

Yes No

HAS YOUR PARTNER EVER CHECKED YOUR OUTGOING CALLS, TEXT MESSAGES, OR BROWSING HISTORY ON YOUR CELL PHONE OR COMPUTER?

Yes No

DO YOU USE SOCIAL NETWORKING SITES?

Yes No

HAS YOUR PARTNER EVER SENT YOU AN ABUSIVE EMAIL, TEXT MESSAGE, OR VOICEMAIL?

Yes No

HAVE YOU SHARED PASSWORDS TO YOUR ONLINE ACCOUNTS WITH YOUR PARTNER? Be sure to think about all your online accounts, such as Facebook, email, blog, instant messaging, and online banking.

Yes No

DOES A TRUSTED FRIEND OR FAMILY MEMBER HAVE ACCESS TO YOUR ONLINE ACCOUNTS?

Yes No

HAS YOUR PARTNER EVER PRETENDED TO BE YOU ONLINE?

Yes No

HAVE YOU EVER SENT YOUR PARTNER PRIVATE PHOTOS OF YOURSELF?

Yes No

**PARTNER**

WHO COULD YOU CALL OR TEXT TO LET THEM KNOW WHERE YOU ARE GOING WITH YOUR PARTNER? Write this person's phone number on your emergency card and keep it in your wallet or another safe place.

IF YOU WERE STRANDED AND NEEDED A RIDE HOME, WHOM CAN YOU CALL TO PICK YOU UP OR MEET YOU? Write this person's phone number on your emergency card and keep it in your wallet or another safe place.

WHAT WORD OR PHRASE CAN YOU USE AS A CODE IN A PHONE CALL, TEXT, OR INSTANT MESSAGE TO ASK YOUR FAMILY OR FRIENDS TO CALL FOR HELP WITHOUT YOUR PARTNER KNOWING?

IF YOU DECIDE TO END YOUR RELATIONSHIP, WHERE CAN YOU DO IT SAFELY?  
This should be a populated public space where can talk with your partner.

WHOM CAN YOU CALL TO TALK WITH AFTERWARD?  
Write this person's phone number on your emergency card and keep it in your wallet or another safe place.

**CHILDREN**

WHO COULD WATCH YOUR CHILDREN IF YOU NEED CHILDCARE IN AN EMERGENCY?  
Write this person's phone number on your emergency card and keep it in your wallet or another safe place.

DO YOUR CHILDREN KNOW HOW TO CALL 911?  
Yes No

WHAT WORD OR PHRASE CAN YOU USE AS A CODE BETWEEN YOU AND YOUR CHILDREN TO LET THEM KNOW THAT THEY NEED TO CALL FOR HELP?

WHERE IS A SAFE PLACE THAT YOUR CHILDREN COULD GO IF IN DANGER?  
This can be a room in your home, a neighbor's home, or the local police station. It should be somewhere that your children can safely go by themselves.

**EMOTIONAL**

DOES YOUR PARTNER SAY OR DO THINGS TO MAKE YOU FEEL DOWN ON YOURSELF?  
Yes No

WHAT ARE SOME ACTIVITIES THAT YOU ENJOY DOING?

WHEN YOU ARE FEELING DOWN WHOM CAN YOU CALL TO CHEER YOU UP? This should be someone other than your partner. Write this person's phone number on your emergency card and keep it in your wallet or another safe place.

DOES YOUR PARTNER THREATEN TO REVEAL INFORMATION ABOUT YOU IN A HURTFUL OR EMBARRASSING WAY?  
For example, your gender identity, your HIV status, or a disability.  
Yes No