

## Developing a Safety Plan

### If you are living in a violent environment:

- Prepare **NOW** in case you need to leave in a hurry.
- Have a safety plan to protect you and your children.

### Why is safety planning important?

- A safety plan can help to keep you safe and prevent future injury.
- Creating a safety plan can empower you to have some control over your situation and minimize a sense of anxiety and powerlessness.
- A safety plan can help you focus on your safety and future.
- Creating a safety plan requires you to trust and incorporate advocates, friends and/or family into your situation, creating a support group.

### How can clergy and spiritual leaders be most effective in helping with a safety plan?

- Recognize your boundaries and accept your limitations to help.
- Be prepared to possibly deal with your personal issues.
- Do not develop the safety plan for the victim/survivor.
- Resist emotional reactions and respond with careful thought and action.
- Remember every situation is different.
- Encourage victims/survivors to include trusted family and friends in their plan.

### My safety plan

- **CALL 911** if you are in immediate danger
- **List two friends you could call if you need help**

NAME

PHONE NUMBERS

---

---

- **Pack a bag that won't be missed.** Hide the packed bag or keep it with someone you trust.
- **Pack these items:**
  - cash (including coins for pay phones and checks)
  - clothes and personal items for you and your children
  - medications
  - house and car keys
  - important phone numbers
  - copies of important documents: driver's license, birth certificates, passports, health insurance, house & car titles, marriage license, immunization records
  - special toys and books for children if they will not be missed.
- **Plan where you will go** and how you will get there.
- **Locate the nearest safe phones**
- **Teach your children** how to call 911 in an emergency and to stay away from the violence.
- **List your top resources:**
  - Police Domestic Violence Department\_\_\_\_\_
  - Domestic Violence Crisis Program\_\_\_\_\_

-Women's Shelter\_\_\_\_\_

-Pastor or spiritual leader\_\_\_\_\_

-Legal Aid\_\_\_\_\_

-Medical Service\_\_\_\_\_

-Local and/or National websites\_\_\_\_\_