

## Safety Planning

**A safety plan** is a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you are in danger.

- **While in a relationship:**

- Charged phone accessible at all times.
- Packed bag ready with clothing, medication, copies of important documents, and toys for your children.
- Make a list of friend/relatives contact information by whom you may be able to stay.
- Establish a code word you might use in case you need someone to call the police.
- Argue in room with multiple exits and minimal access to weapons.
- Be aware that cell phones and other devices have tracking abilities.
- Have access to your car keys and an extra set available to you.

- **When leaving a relationship:**

- Save all texts, pictures, or anything that documents which the abuse.
- Change locks on door and windows locked.
- Change your routine.
- Change passwords on emails, bills, and alarm systems.
- If applicable, keep RO with you at all times.
- Drive to the police station or call 911 if you feel you are being followed.
- Learn about the address confidentiality program.

- **When you feel like someone knows too much about you and you are no longer in a relationship:**

- Get a new cell phone if you suspect your phone is being monitored.
- Get your car checked by a mechanic for hidden location devices if you suspect that your location is being monitored.
- Cover cameras on devices with a paper or tape.