

Personalized Safety Plan

1. When I have to see _____, I can _____.
2. When I talk on the phone with _____, I can _____.
3. I can make up a "code word" for my family, co-workers, friends and counselor so they know when to call for help for me. My code word is _____.
4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt, such as _____ (at work), _____ (at home) or _____ (in public).
5. I can tell my family, co-workers, boss, counselor or a friend about my situation. I feel safe telling _____.
6. I can screen my calls, texts, emails, and visitors. I have the right to not receive harassing phone calls, texts or emails. I can ask friends, family members or co-workers to help me screen my contacts. I can ask these people for help: _____.
7. I can call any of the following people for assistance or support if necessary and ask them to call the police if they see _____ harassing me.
 - Friend: _____
 - Relative: _____
 - Co-worker: _____
 - Counselor: _____
 - Shelter: _____
 - Other: _____
8. When leaving work, I can _____.
9. When walking, riding, or driving home, if problems occur, I can _____.
10. I can attend a support group with the Domestic Violence program, like _____.
11. Contact Information I Need To Have:

Police Department: _____	Domestic Violence Program: _____
Sexual Assault Program: _____	Attorney: _____
Counselor: _____	Spiritual Support/Clergy: _____
Probation Officer: _____	Other: _____

Source: <https://ncadv.org/personalized-safety-plan>

