

My Safety Plan

You deserve to be safe and happy.

Do *not* take this with you unless it is safe to do so.

My Relationship and My Safety

Being in a relationship that is hurtful can cause a lot of different feelings. It is normal to have some or all of these feelings. Check all that you feel:

- | | |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Ashamed | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Hopeful | <input type="checkbox"/> Sad |
| <input type="checkbox"/> Afraid | <input type="checkbox"/> Love |
| <input type="checkbox"/> Angry | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Hopeless | <input type="checkbox"/> Happy |
| <input type="checkbox"/> Trapped | <input type="checkbox"/> Alone |

What do I think about my relationship?

- I'm not sure how I feel about this relationship.
- I think this relationship will get better.
- I want to end this relationship.

Many people love their partners and also feel that their relationships put them in danger. Does my relationship have any of these signs of danger?

- My partner has injured me badly enough that I needed medical treatment.
 - My partner follows me everywhere I go.
 - My partner has threatened to hurt my children.
 - My partner uses alcohol or drugs.
 - My partner has forced me to have sex when I didn't want to.
 - My partner has threatened to kill me.
 - My partner has threatened to kill himself/herself.
 - My partner has a gun or can get a gun easily.
- Other things my partner does that concern me:
-
-

Safety during a fight:

Move away from

- Weapons (guns and knives)
- Small and dangerous places (car, kitchen, bathroom)

Move toward a safer place such as

- Room with exit
- Room with phone
- Public place

If I need to call the police

I will give them **my address** and tell them if there is a **weapon**.

The closest place I can go if I need help or need to leave:

Police/fire station: _____

Hospital/clinic: _____

Friend's/neighbor's/family member's house:

(name/address/phone number)

Other: _____

Steps to staying safe:

- Keep a little **money** with me.
- Keep my **cell phone charged** and with me.














Teach my children to go to a safe place:

(friend's, neighbor's, relative's home)

Teach my children to call the police when there is danger and to give their full name, address, and phone number.

Keep an **emergency bag ready** in a safe place.

Things to put in my emergency bag:

- | | |
|--|--|
| <input type="checkbox"/> Medications/
prescriptions  | <input type="checkbox"/> Money  |
| <input type="checkbox"/> Phone card/
change  | <input type="checkbox"/> Cell phone
and charger  |
| <input type="checkbox"/> Extra keys  | <input type="checkbox"/> Photo ID/
driver's
license  |
| <input type="checkbox"/> Bank card/
credit card  | <input type="checkbox"/> Restraining
order |
| <input type="checkbox"/> Custody order | <input type="checkbox"/> Passports/green
cards/immigration
papers |
| <input type="checkbox"/> Work permits | <input type="checkbox"/> Electronic Benefit
Transfer
(EBT) card  |
| <input type="checkbox"/> Photos of
abuser  | <input type="checkbox"/> Clothes  |
| <input type="checkbox"/> Address
book  | <input type="checkbox"/> Toiletries
and
diapers  |
| <input type="checkbox"/> Special toys  | <input type="checkbox"/> Other: _____
_____ |

If you have any proof of abuse, bring it with you.

Building my independence:

I can start **saving money** and store it in a safe place (like my own bank account).

I can **get help** from a counselor, an advocate, a health care provider, or legal services.

I can try to **keep in touch** with a friend or family member who I trust.

Important phone numbers:

Police 9-1-1

Local Domestic Violence Hotlines:

La Casa de Las Madres 1-877-503-1850
WOMAN, Inc. 415-864-4722

Local Sexual Assault Hotline 415-647-7273

For restraining order help call 415-255-0165

SF Suicide Prevention Hotline 415-781-0500

LGBT support (CUAV) 415-333-HELP

Bay Area Legal Aid 1-800-551-5554

National DV Hotline 1-800-799-SAFE

National Sexual Assault Hotline 1-800-656-HOPE

National Teen Abuse Hotline 1-866-331-9474

National Suicide Prevention Hotline 1-800-SUICIDE

Help after sexual assault:

If my partner or anyone else has forced me to have sex when I did not want to, I can:

Go to **SFGH Emergency Department/Rape Treatment Center, 1001 Potrero Avenue**

Call the **Trauma Recovery Center** between 8:00- 5:00 Monday through Friday: **(415) 437-3000**

Call **SF Women Against Rape's 24 hour hotline: (415) 647-7273**