

MY PERSONAL SAFETY PLAN CHECKLIST

- I will keep my phone charged and ready with me at all times. I will also keep a phone charger with me at all times.
- I will make sure my car always has plenty of gas.
- I will register for Smart911: <http://www.nashville.gov/Emergency-Communications-Center/Smart-911.aspx>
- I will keep an emergency bag for myself with: phone charger, a change of clothes, money, medicines, and important documents. I will hide it somewhere where my abuser can't find it, but where it's easy for me to get to.
- I will call the police if I ever feel threatened, nervous, or scared.

During a violent incident:

- I will try to remove myself and my children from the situation before a violent episode begins. I will think of several reasons that my abuser will believe for leaving the house at different times of the day or night, in case I need an excuse to leave when the tension is escalating.
- I will make up a signal with my neighbors that I trust, like flashing the lights on and off or hanging something out the window, that will let them know that I need help.
- I will try to keep any sharp or heavy objects and any firearms that my abuser might use to hurt me out of the way.
- I will try to stay out of the kitchen, garage, workshop, and bathrooms. I will try to go to a safe place in the house.
- If a violent episode starts, I will not go to where my children are because my abuser may hurt them, too.
- I will make a habit of backing the car into the driveway so that I can pull out quickly. I will keep the driver's door unlocked and the rest of the car doors locked so that I can make a quick escape if I need to. I will also make a copy of my car keys and keep them in a secret place that is easy for me to get to, in case my abuser takes my keys away from me to prevent me from leaving.
- If I cannot get away from the violence, I will try to dive into a corner and curl into a ball. I will try to protect my face by putting my arms around each side of my head and wrapping my fingers together.
- I will try not to wear scarves or long jewelry because my abuser could use them against me.

Staying safe when I am at home:

- I will change my locks and install security devices on my windows.
- I will keep my doors and windows locked at all times, whether I am at home or away.
- I will keep all porch lights on at night.
- I will consider installing an alarm or getting a dog.
- I will tell trusted neighbors and my landlord to call the police if they see my abuser near my home.
- I will never disclose my address to anyone I don't know or don't trust.

Staying safe when I am in public or at work:

- I will inform security, managers, and trusted coworkers at my job of my situation and ask them to call police if they see my abuser.
- I will provide a photo of my abuser to security, managers, and trusted coworkers so they're aware of what my abuser looks like.
- I will vary my routes to and from work and arrange for someone to walk with me to my car or bus every day. If I cannot be escorted to and from my car or bus, I will talk to someone on the phone while I am walking to and from my car or bus.
- If possible, I will arrange to have my calls screened at work.
- I will plan what to do in various situations if my abuser shows up to start a confrontation.

With regards to my children:

- I will notify their schools, day care centers, babysitters, teachers, and after-school program teachers and coaches about who is authorized to pick them up.
- I will discuss, review, and practice my safety plan with my children as often as possible.
- I will make sure my children have their home address memorized and know how to dial 911.
- I will devise a code word to use with my children so they know when I need them to call the police or when I need them to leave the house and get help. If they cannot leave the house safely, I will teach them to go to a safe room that has a lock and a phone. There, they can lock themselves in and call the police.
- I will tell them not to get involved if I am being hurt because they may get hurt, too. I will teach them that their priority is to stay safe, not to protect me.
- If I am planning on leaving my partner, I will plan what to do if my child accidentally tells my abuser my plan.
- If I am planning on leaving with my children, I will try to first talk to a lawyer who can make sure that I am not going to be violating any court custody orders or any parental kidnapping laws, especially if I am planning on leaving the state with my children.
- I will teach my children about safe behavior with their phone, their computer, the internet, and social media.