

My Safety Plan



If you decided to stay in a relationship that has been violent in the past, chances are it will happen again—even if your partner has promised that it won't. While it's hard to think about, for your own safety, it's important to be prepared just in case. Remember, you do not have any control over your boyfriend/girlfriend's behavior (physical violence **or** emotional abuse). You do have control over how you prepare for it and respond to it.

Take a few minutes to answer these questions and prepare your safety plan.

1. These are the **'cues'** I have seen in the past before my boyfriend/girlfriend has been violent: When I see these things in the future I will **know it is time to take action** to keep myself safe:

2. These are some things that **have kept me safe in the past**:

3. These are some things that I tried that didn't keep me safe. I will **know not to use these things** in the future:

4. If I believe there is going to be an argument, I will try to go to a place where other people might hear and/or a place where there is less chance of getting hurt (avoid kitchens, bathrooms, garage, anywhere near weapons or without a way out).

5. These are some people **I can call for help**:

6. This is a **code word** I can use to let people know I'm scared or need help and the people I will tell this code word to:

7. These are some safe places for me to go if I'm not feeling safe:

No one deserves to be abused. This is not my fault.
Safety Plan For Breaking Up

If you have decided to break up with an abusive boyfriend/girlfriend it is important to have a well planned safety plan before trying to end the relationship. Sometimes the breakup period is the most dangerous in the relationship.

- I will plan the breakup carefully with the help of people I trust. If I don't have friends I can trust, I can talk to a trusted teacher or adult or call my local abuse hotline. The more people who know what's going on and the more people who can look out for me and support me-the safer I am.
 - **These are the people I will tell and/or ask for help:**

- It is not safe to break up with my boyfriend/girlfriend in an isolated place. I will try to do it in public with people nearby who are parts of my safety plan. If necessary, I will do it by phone or letter.
 - **This is where and when I will break up with my boyfriend/girlfriend:**

 - **This is who I will ask to be near:**

- I will be very clear with my boyfriend/girlfriend that I am ending the relationship and that my mind is made up.
 - **These are the words I will use:**

- I will try to be prepared for my boyfriend/girlfriend 's reaction. It could be violent, or my boyfriend/girlfriend may be very sad and cry, or may try to be very sweet and win me back.

- After breaking up, I will avoid being alone with my ex-partner or being in a situation where s/he might try to corner near me or "talk me out of" the break -up.
 - **I may need to change these routines:**

 - **These are my support people:**

 - **This is what I will say when my ex calls me:**

 - **This is what I will do if my ex shows up at my home:**