



Main Line 404.870.9600
24 Hour Crisis Line Fulton County 404.873.1766
Gwinett County 770.963.9799

SAFETY PLANNING

Having a safety plan can help you stay safe!

If you are still with your partner

1. Think of a safe place to go if there is an argument, avoid rooms with no exit (bathroom), or rooms with weapons (kitchen).
2. Think about and make a list of safe people to contact.
3. Keep money with you at all times.
4. Memorize all important telephone numbers.
5. Establish a code word or sign so that family, friends, neighbors, teachers or coworkers know when to call for help.
6. Keep important papers with you such as social security cards, birth certificates, etc.
7. Don't try to argue or reason with your partner. You can't change your partner's behavior.
8. Protect your face with your hands and arms, if your partner hits you. If knocked down, curl up in a ball protecting your head, face and stomach.
9. Back the car in the driveway and keep it filled with gas. Keep the driver's door unlocked.
10. Call our crisis line at 404.873.1766 v/tty for help in making your personal safety plan.
11. Keep your cell phone fully charged.

If you have left your partner

1. Change your phone number.
2. Screen your phone calls.
3. Save and document all contacts, messages, injuries or other incidents involving the batterer.
4. Change locks, if the batterer has a key.
5. Avoid staying home alone.
6. Plan how to get away if your batterer shows up.
7. If you have to meet your former partner, do it in a public place.
8. Notify school, work and childcare contacts that you have left your abusive partner.
9. Vary your routine.
10. Call our crisis line at 404.873.1766 v/tty for help in making your personal safety plan.

PERSONAL SAFETY PLAN

To increase my safety, I can do some or all of the following:

1. When I talk to my abuser in person, I can _____.
2. When I talk to my abuser on the phone, I can _____.
3. I will make up a code word for my family, coworkers, neighbors, teachers or friends, so they know when to call for help for me. My code word is _____.
4. When I feel threatened, I will try to move to a place where I have the least chance of getting hurt, such as _____.
5. I can tell my family, coworkers, boss or friends about my situation. I feel safe telling: _____.
6. I can use an answering machine or ask my co-workers, friends or other family members to screen my calls and visitors. I have the right not to receive harassing phone calls. I can ask _____ or _____ to help screen my calls.
7. I can keep coins for phone calls with me at all times.
8. Keep my cell phone fully charged.
9. When leaving work I can _____ to protect myself.
10. When walking, riding or driving home, if problems occur, I can _____ to protect myself.
11. I can call 911 and/or 404.873.1766 v/tty if I need help. Some of this information comes from the National Coalition Against Domestic Violence.