PERSONAL SAFETY PLAN

If you have been in an abusive relationship, having a safety plan can be crucial to your well-being. Thoughtfully consider and complete the following statements to determine how you will deal with challenging or threatening situations when they arise.

1. When I talk to my abuser in person, I can...

   ____________________________________________________________

2. When I talk to my abuser on the phone, I can...

   ____________________________________________________________

3. To discreetly alert my family, coworkers, neighbors, teachers and/or friends when I am in danger, I will use a code word so they can know when to get help for me. My code word is _________________.

4. When feeling threatened, I will try to move to a place where I have the least chance of getting hurt, such as...

   ____________________________________________________________

5. I will tell my family, coworkers and/or friends about my situation so that they are aware. I feel safe telling...

   ____________________________________________________________

6. I have the right not to receive harassing phone calls. I can use voicemail or ask my co-workers, friends or family members to screen my calls and visitors. To help screen my calls, I'll ask...

   ____________________________________________________________

7. I will keep my cell phone fully charged or ask to make a call from someone else’s phone.

8. To protect myself, when leaving work I can...

   ____________________________________________________________

9. To protect myself, if problems occur when walking, riding or driving home, I can...

   ____________________________________________________________

PADV’s Crisis Lines Fulton County (404) 873-1766 V/TTY | Gwinnett County (770) 963-9799 V/TTY

If you are in immediate danger or in need of emergency assistance, please dial 911.