



Safety Plan

SECTION A: If you have decided to stay in a relationship that has been violent in the past
If your partner has been violent in the past, chances are very good it will happen again – even if your partner promised it wouldn't. You may not want to think about that possibility, but for your own safety, it's best to be prepared just in case. Remember, you do not have control over your partner's violence, but you do have control over how you prepare for it and respond to it.

1. These are the 'cues' I have seen in the past right before my partner has been violent. I can keep these in mind as warning signs, and when I see these things in the future I will know it is time to take action to protect myself:

- Use of drugs/alcohol Jealousy Verbal abuse/put-downs
 Embarrassing me in front of friends Disagreements about sex

2. These are some of the ways I have tried to protect myself in the past that HAVE worked. In the future, as soon as I sense that my partner may become violent, I will do as many of these things as I can to protect myself:

3. These are some of the ways I have tried to protect myself in the past that HAVE NOT worked. I will not rely on these things in the future:

4. When I sense there is going to be an argument, I will try to go to a place where other people might hear the arguing, and/or a place where there is less risk of injury. (Avoid kitchens, bathrooms, garage, anywhere near weapons or any room without an outside exit.)

These are the places I will try to avoid having an argument:

5. These are the numbers I can call for help when I sense that I'm in danger:

(Always have these numbers and change for phone calls on you.)

Police: _____ Under what circumstances will I call? _____

Hotline: _____ Under what circumstances will I call? _____