

## Personalized Safety Plan

Feeling safe is an important step towards healing. This document can be used in any situation that feels unsafe with an abusive partner or after an assault by an acquaintance, relative or stranger.

These are general tips and only you know what strategies make sense for your situation.

Remember, no plan guarantees 100% safety but it can help you to feel better prepared.

**Please use only if it is safe to do so.**

\*This is not an extensive list. For more tips, see Additional Resources.\*

### PHYSICAL SAFETY

- Where and in what ways might I come in contact with this person? If approached in public, what could I do to stay safe?
- If an assault occurs, who would I feel safe reporting it to? Where could I go for help & support?
- I can create a bag with documents, spare keys, & necessities in case I need to escape quickly
- How can I protect myself from unintended pregnancy/STIs? (Undetectable birth control, talking to my doctor, vaccines, PrEP, etc.)
- What are some ways I can avoid sexual activity with this person if they are my partner and/or I live with them? (sleeping in separate room, staying with friend/family member, faking illness)
- Does this person own or have access to weapons?
- I can familiarize myself with the accommodations afforded to me under Title IX (Students)

### EMOTIONAL SAFETY

- If I am feeling sad, lonely or confused who could I call and talk to?
- What support groups or workshops could I attend to decrease isolation?
- I will think about how drinking alcohol or using drugs affects my safety and look at how and when I use these substances.
- Some healthy self-care activities I can do to relieve stress and anxiety include \_\_\_\_\_.
- If I have left my partner and am considering returning, who can I call or spend time with before making my decision?
- If I become triggered, a personal mantra or a breathing exercise I can use is \_\_\_\_\_.
- I can keep a journal of my thoughts and feelings.

### ADDITIONAL RESOURCES

- [www.thehotline.org](http://www.thehotline.org) (safety planning-guns/firearms)
- [www.nnedv.org](http://www.nnedv.org)
- [www.loveisrespect.org](http://www.loveisrespect.org)
- [www.victimsofcrime.org](http://www.victimsofcrime.org) (Stalking Resources)
- [www.traffickingresourcecenter.org](http://www.traffickingresourcecenter.org)
- [www.knowyourix.org](http://www.knowyourix.org)

**For more information about our services please call our 24/7/365 Crisis Line at 205-669-7233 (SAFE) to speak with a trained advocate.**

[www.safehouse.org](http://www.safehouse.org)

**Prevention & Intervention Education (PIE) Program**

### TECH & STALKING SAFETY

- I can adjust my privacy settings on phone & my social media accounts.
- I can change my passwords if necessary.
- If I believe I am being stalked or harassed, I can keep a log of evidence and find out options for reporting and/or obtaining a PFA order.
- I can instruct businesses and personal contacts not to give out my private information such as addresses, telephone #s and can ask that accounts be password protected.
- If I am living with an abusive partner, I will use public computers and can inquire about using a P.O. box so my mail and search histories are not intercepted.