

## Creating a Personalized Safety Plan

- A safety plan is a practical guide that can help you lower your risk of being hurt by someone close to you. It includes information specific to you and your life with the purpose of making you feel safer.
- Everyone deserves people in their lives who are healthy, safe, and supportive.
- If someone in your life (a parent, family member, intimate partner, roommate, etc.) is hurting you and making you feel scared, it is important for you to know that the abuse is not your fault.
- It might make you feel better to create an action plan in the event that you are in danger or to try to protect yourself. When in a dangerous situation, our brain has trouble processing. This plan can help you remember.
- Keep this plan with a trusted person or somewhere private.

<p>If I feel confused, depressed, or scared, I can call the following people, friends, or family members:</p> <p>Name: _____</p> <p>Phone #: _____</p> <p>Name: _____</p> <p>Phone #: _____</p> <p>Name: _____</p> <p>Phone #: _____</p> <p>During an emergency, I can call the following friends, family members, or support organizations any time:</p> <p>Name: _____</p> <p>Phone #: _____</p> <p>Name: _____</p> <p>Phone #: _____</p> <p>Name: _____</p> <p>Phone #: _____</p> <p>○ Minnesota Wide 24-hour crisis line: 1-866-223-1111</p> <p>In an emergency, four safe places that I can go to are:</p> <ol style="list-style-type: none"> <li>1. _____</li> <li>2. _____</li> <li>3. _____</li> <li>4. _____</li> </ol>	<p><b>I can pack a "Safe Bag" including:</b></p> <ul style="list-style-type: none"> <li>○ Copies of identification (driver's license/registration, birth certificates)</li> <li>○ Important documents (school &amp; medical records)</li> <li>○ Money, credit cards</li> <li>○ Change of clothes</li> <li>○ Medications</li> <li>○ Welfare identification</li> <li>○ Passport, green card, work permits</li> <li>○ Divorce papers (if applicable)</li> <li>○ Lease/rental agreement</li> <li>○ House deed/mortgage payment book</li> <li>○ Children's favorite things</li> </ul> <p>And one of these three trusted people can hold on to this bag for me until I need it:</p> <ol style="list-style-type: none"> <li>1. _____</li> <li>2. _____</li> <li>3. _____</li> </ol> <p>○ If I don't have my phone, I can use _____ to call safety numbers.</p> <p><b>Important Numbers</b></p> <p><i>Women's Advocates 24-hour crisis line: 651-227-8284</i></p> <p><i>Casa de Esperanza 24-hour English/Spanish line: 651-772-1611</i></p> <p><i>Asian Women United 24-hour Hmong, Cambodian, Viet, Hindu, Japanese line: 612-724-8823</i></p> <p><i>Brian Coyle phone number with Oromo, Somali, Arabic, Amharic, Swahili, and English: 612-338-5282</i></p> <p><i>Legal Help- Standpoint: 612-343-9842</i></p>	<p><b>Safety Tips (if possible):</b></p> <ul style="list-style-type: none"> <li>○ In my home: change the locks, install security system, smoke detectors, outside lighting system</li> <li>○ Inform people nearby (neighbors, co-workers, daycare/school personnel) to call the police if they see the abuser</li> <li>○ Inform child caretakers the names of people who have permission to pick them up (if applicable)</li> <li>○ Avoiding places where abuser frequents if possible</li> <li>○ Get an order of protection, keep it on me at all times and leave a copy with two trusted people: _____ and _____</li> <li>○ Have someone walk with me when leaving work (to a car, bus, etc.)</li> <li>○ myPlan- new phone app to promote safe relationships</li> <li>○ Teach kids to have a safety word and how to call 911</li> <li>○ I can inform my boss, the security supervisor, and _____ at work</li> <li>○ If I have a problem while traveling home, I can _____</li> <li>○ If I use public transit, I can _____</li> <li>○ Come up with a safety mantra that makes me feel empowered, it is: _____</li> <li>○ Change my phone number, block accounts/emails/numbers on social media</li> </ul>
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