

Jane Addams Hull House Association - Domestic Violence Court Advocacy Program

Client Safety Plan

Date: ___/___/___

Completed over the phone

I can Increase my Safety at Home

- I will make a plan to leave in case of an emergency.
- I know whom to contact in case of an emergency.
(____)_____ (____)_____
- I will move if possible to insure my safety.
- I have relationships with my neighbors & a signal for them to call 911 which is: _____
- I have a place where my **children**, **pets** and I will flee to be safe which is: _____
- I have a **cell phone** that the offender cannot get into by: changing my number, passwords, phone company, having GPS traceable cell, & keeping company aware of security needs to prevent my personal info from being used to get info from unsuspecting company operators.
- I will get GPS tracking on my **car** and/or keep friends & family aware of where I plan to go including times.
- I will change the locks and/or add other security to my home like: installing an effective alarm system, always locking garage, getting deadbolt locks on outside doors, and by always keeping the fuse box locked.
- I will feel safer around my home at night by installing outdoor lighting that is movement-sensitive.
- I will make sure my mail is safe by: redirecting my mail to safe location, changing mail site to a locked P.O. Box, or by contacting my local post office monthly to ensure my mail has not been redirected to an unauthorized address.
- I will prevent financial abuse by: having a private bank account, credit card & checking my credit reports.
- _____
- _____

Safety Outside of the Home

- I will take self-defense classes.
- I will walk and park in secure well lit areas.
- I will always have my keys ready to my car and home.
- I will change my **work** routines, routes, lunch breaks, shifts, etc.
- I will shop at stores that have security personnel & cameras
- I will check the front and back of all cars before I get in.
- I will keep my **gas tank** full; lock the car doors before starting my car, before putting on my seatbelt & driving, even if I'm going a short distance.
- I will look around my surroundings before getting into cars, turning them off, or before getting out. If anything doesn't seem right to me, I can put my car back into gear and drive away immediately.
- I will always pay attention to my surroundings and be aware of any suspicious cars following me.
- I will use different times and locations for **public transportation**.
- _____

During a Domestic Violence Incident

- When an argument occurs, I will move to the safest place in the house which is: _____
- I have code words with my **children** to signal them to call 911 which is: _____
- If I am approached outside & away from a safe place, I will immediately begin screaming "FIRE" to get attention.
- If I am being grabbed from behind, I will become a dead weight and scream.
- If the offender surprises me and manages to get into my car while I'm still inside, I will do everything I can to get out of my car while continuously blasting the horn.
- If I see the offender first or if I get away, I can try to roll underneath a nearby vehicle. As soon as I get under the car, I'll use my cell phone to call the police or keep screaming for help.
- If I think I'm being followed or stalked, I will go to the closest police station and try to file a report no matter what the police officers say. I will keep the name and badge number of the police officer who helped file any reports in a safe place.
- If I feel I'm being followed, I'll go to a store with security cameras to get pictures of the offender. I will keep a log of dates & times of any incidents & write what happened.
- I will take pictures of any physical evidence/bruises or damage to my property/belongings.
- _____
- _____

Safety After Getting Order of Protection

- I will give a copy of my **OP** to schools, job, & in my car.
- I will notify security or the authorities at work & school about the offender and/or my **OP**.
- I will inform my neighbors that I have an **OP** and let them know what to do if they see a violation occur.
- I will explain safety rules to my **children** so that they will know what to do if they are ever confronted with a difficult situation.
- I will unlist my phone number and address from public records.
- _____

If I have to Leave Suddenly

- I will keep important documents together in a bag that can be taken to a safe location immediately or left with someone I trust:
 - o Money, bank cards, credit cards, food stamps
 - o Extra set of clothes & personal care products
 - o Medications, immunization records for children
 - o Important documents: Birth certificates, driver's license, Social Security card, passport, insurance/medical cards, custody papers, vaccination records.
 - o Jewelry & small saleable items
 - o Keys to house, car
 - o Pre-paid calling card or cell phone
 - o Have important phone numbers & addresses accessible
- _____