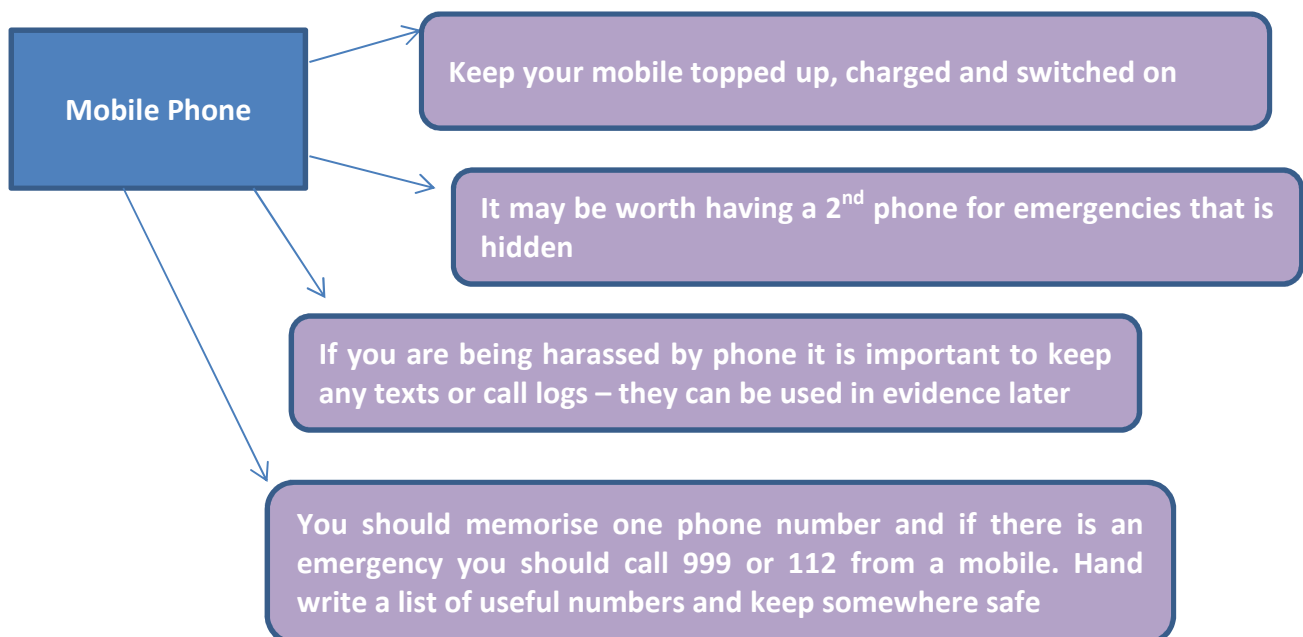


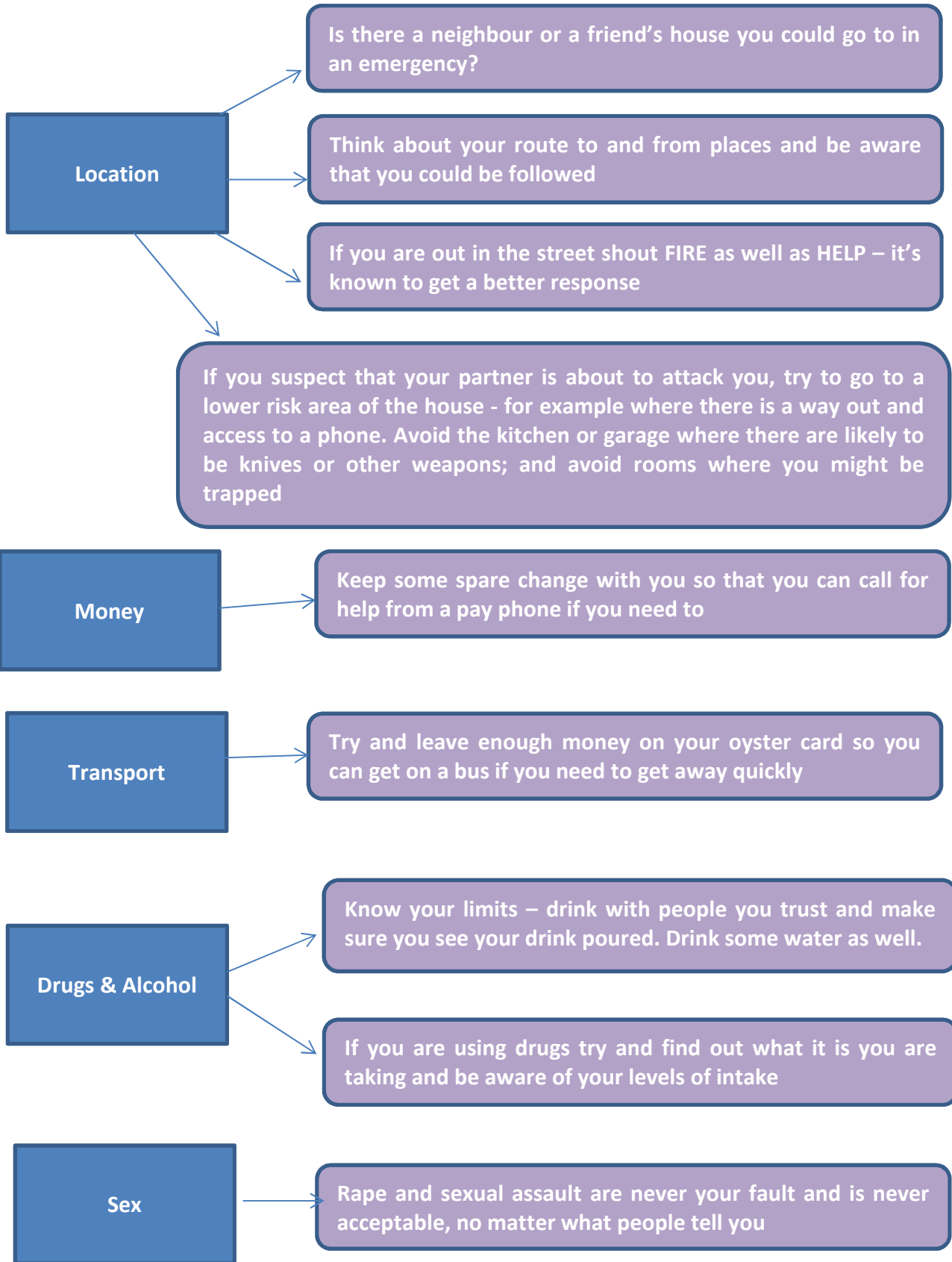
## Safety Planning

The reason for safety planning is to increase the safety of and manage the risk to people who may be at risk of or experiencing abuse.

- It is important to plan safety for people using their own experiences, knowledge and understanding of their relationships. This, coupled with the professional's own experiences of risk assessment and management, can reveal what safety planning measures need to be implemented.
- Safety planning should be used as a risk assessment and management tool which involves the victim creating a plan with a professional and should be realistic and linked to the victim's own experiences and understanding of their situation.
- People can also identify what coping strategies they have used in the past and what possible options there are for the future. Using this information, a comprehensive safety planning strategy can be created to reduce risk to an individual.
- Safety planning should be done with each individual – one plan will not work as a 'one size fits all' approach.
- Women's Aid have excellent online information regarding safety planning: <http://www.womensaid.org.uk/domestic-violence-survivors-handbook.asp?section=000100010008000100310005>

### Elements that must be considered and discussed





## Sample Safety Plan

If you're in an abusive situation and are not able or ready to leave it, it's important to think about how to keep yourself safe. If you do want to leave, it's a good idea to plan your escape well. Printing and filling out this safety plan can help you feel safe whether you're staying in your current situation or getting ready to leave.

Be sure to review it every so often with someone you trust, to keep the information useful and up-to-date.

I will tell (name) \_\_\_\_\_ and (name)

\_\_\_\_\_ about the abuse and ask them to help me if I use the code

word: \_\_\_\_\_

I will buy a small address book and carry it with me at all times. I will list the following people, organisations, helplines, or other services in the book:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I will make a habit of leaving as often as possible, to go to: \_\_\_\_\_

And I will use this excuse when I'm able or ready to leave the situation.

I will leave before I think a situation will get violent. I usually know things are getting violent

when: \_\_\_\_\_

My abuser may try to persuade me not to leave by: \_\_\_\_\_

I can get around this by: \_\_\_\_\_

If I decide to leave, I will go to either of the following places that are unknown to my abuser:

1. \_\_\_\_\_

2. \_\_\_\_\_

I will keep the following items in a bag that is ready to go:

- ✓ Keys
- ✓ Address book

- ✓ Driving licence or other identification
- ✓ National Insurance card
- ✓ Passport (if I have one)
- ✓ Immigration papers and visas or copies of these if I can make some (if applicable)
- ✓ Oyster card
- ✓ Spare change
- ✓ Small amount of cash
- ✓ Spare clothes
- ✓ Mobile Phone
- ✓ Charger
- ✓ Prescriptions/medicines
- ✓ Protective Orders (Non molestation or restraining orders) for if I have any or can get copies
- ✓ Current unpaid bills if I am living on my own and in charge of my household finances
- ✓ Special photos
- ✓ Personal items
- ✓ For those with babies / children: baby food, milk formula if required and bottle, nappies, birth certificate, child's medical records, spare clothes for child, child's favourite toys

If I leave, I will bring this bag, as well as: \_\_\_\_\_ with me.

I will keep spare items, supplies, copies of important papers, and: \_\_\_\_\_  
with \_\_\_\_\_ (name) in case I am unable to get my bag before leaving.

I will review my safety plan on:

(Date): \_\_\_\_\_ with (name): \_\_\_\_\_

**Source:** Adapted into a UK context from a teen safety plan developed by: Amy Hill, MA, Family Violence Prevention Coordinator with Contra Costa Health Services, and Technology Consultant for Project SafeNetwork, <http://www.safenetwork.net/teens>. However, the SafeNetwork website is no longer live but the safety plan can be found here: <http://www.texasadvocacyproject.org/documents/Safety%20Plan%20for%20Teens.pdf> (last accessed 03.03.14)