

My Safety Plan

This safety plan is relevant for the following time period:

The following people know about this safety plan:

The following people should NOT know about this safety plan:

This safety plan is for the following situation:

I am creating or sharing this safety plan with the support of the following people:

- 1.
- 2.
- 3.

Risk Assessment Chart for Safety Actions			
Potential future risk/harm	Who or what is the cause of the harm	Who is the target of the harm/risk	Who will do or support this action

Options for Intervene, or Escape

Where are safer places you can go?
 How will you get there?
 Who can help you get there/how will you let them know?

Immediate [ie: tomorrow or this week]

Secondary [ie next 2 weeks]

Long term [ie month]

Options for Healing/Support

What are you already doing to feel supported?
 Who can help remind you to do these things?
 What kinds of resources do you need to feel supported?

Immediate

Secondary

Long term

Follow-up and next steps

When will I re-visit this safety plan?
 Who will I share this plan with? By when?

Immediate

Secondary

Long term

Wellness, Healing, and Community Love Down Guide!

The Peoples:

Main Support Team folks with Phone Numbers:

Emergency Contact Person:

People I do NOT want up in my grill while healing:

That Good Stuff:

This section is for things you like, want and need while healing so folks know what to get you, where to pick it up, etc.

Pharmacy and Meds List:

Foods that I love and can eat while healing:

Teas, Juices, and beverages I love that I can have while healing:

Foods that I cannot eat/am allergic to:

Books, Movies, Zines, Video games, Board games, and Magazines I would love to have while Healing:

Cat food/Dog food brand, Kitty Litter Brand:

Love Down Section:

This is a good section for you to jot down things that make you feel good that others can do for you and won't irritate you, cuz sometimes healing and having people up in your biz in the wrong ways can be mad irritating.

Do I want people to do clean house for me?

Do I need people to walk the dog/feed the cat/ feed the fish/water plants, etc.

Are there parts of my space that I don't want people all up in?

Do I like/want massages, or other physical touch/healing practices? (Maybe folks can throw down for acupuncture, massage, etc. if you think you'd be into it)

Do I need/like reminders/encouragement to take medication, move around (when ready), etc.

When I get emotional, do I want particular folks around me?

Does it make sense for one of my support team to be the main contact person to lessen my time on the phone?

What are the easiest ways for me to communicate?

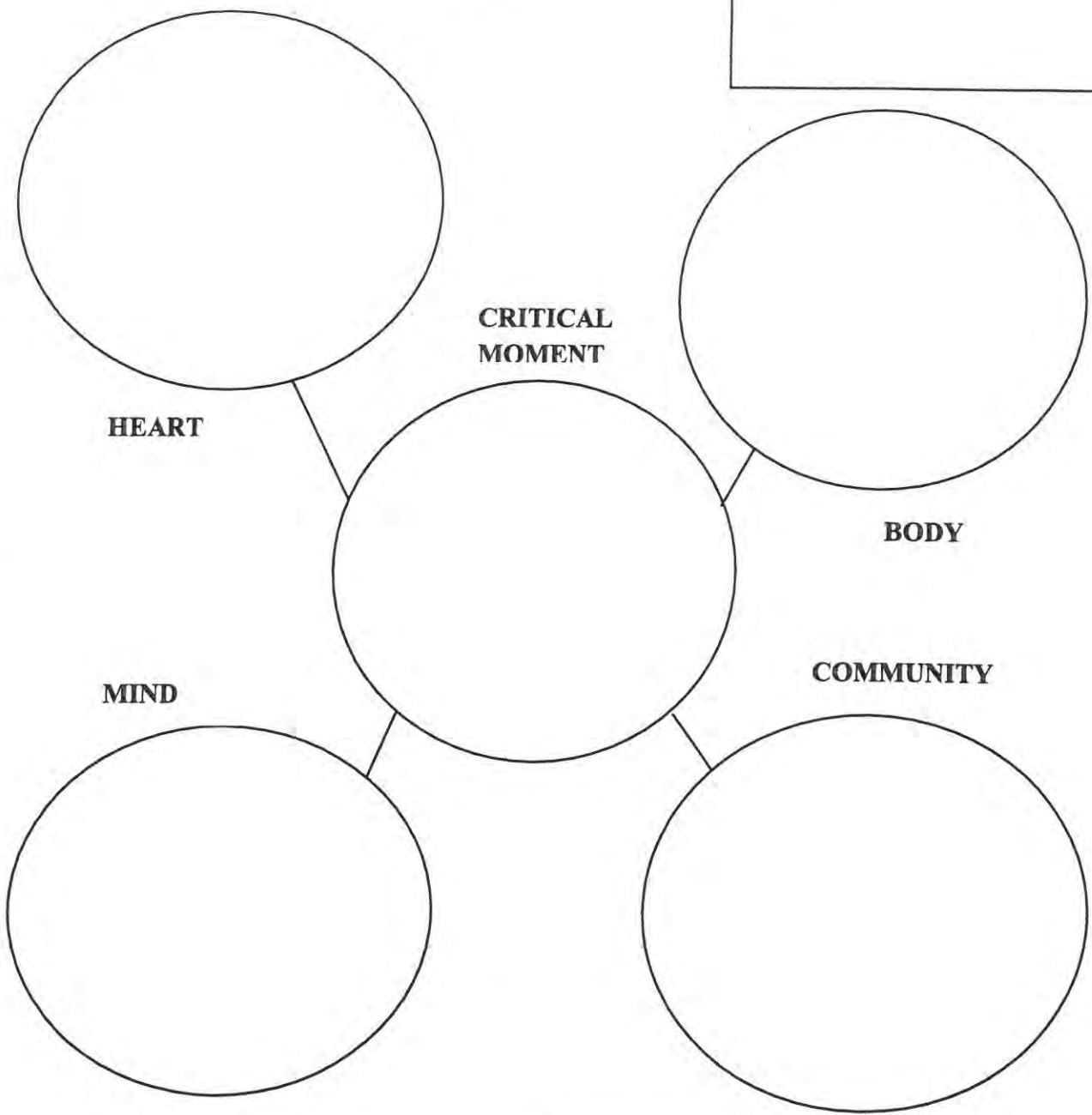
People who I would like to come visit me:

Homie Love Down Schedule:

	Sun	Mon	Tue	Weds	Thurs	Fri	Sat
What Do I need/Want:						16th Names: Times:	17th Names: Times:
What Do I need/Want:	18th Names: Times:	19th Names: Times:	20th Names: Times:	21st Names: Times:	22nd Names: Times:	23rd Names: Times:	24th Names: Times:
What Do I need/Want:	25th Names: Times:	26th Names: Times:	27th Names: Times:	28th Names: Times:	29th Names: Times:	30th Names: Times:	31st Names: Times:
What Do I need/Want:	1st Names: Times:	2nd Names: Times:	3rd Names: Times:	4th Names: Times:	5th Names: Times:	6th Names: Times:	7th Names: Times:
What Do I need/Want:	8th Names: Times:	9th Names: Times:	10th Names: Times:	11th Names: Times:	12th Names: Times:	13th Names: Times:	14th Names: Times:

Wellness Planning

Event, Action, Conversation, Time
Period

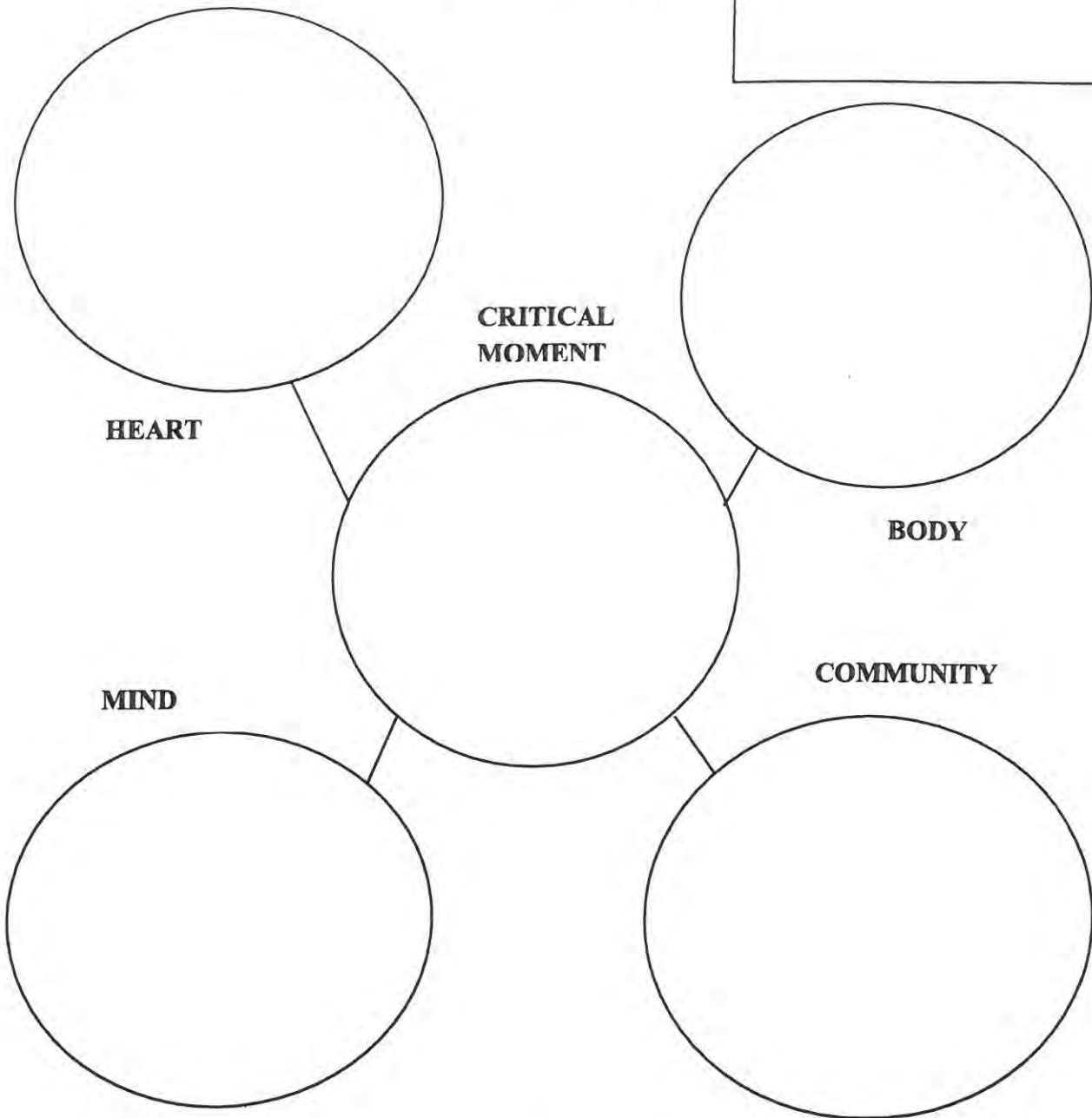


What do I need to ask for and from whom?

Critical Moment: situation or incident that can potentially create crisis, trigger you, or cause physical or emotional harm.
Needs-what are the needs you can anticipate during this critical moment specific to wellness
Body-biological, physical
Mind-emotional, psychological
Heart- motivation, spiritual, purpose, grounding
Community: social relationships, group wholeness, integrity, interpersonal

Wellness Planning

Event, Action, Conversation, Time Period



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Safety planning is meant to minimize the current, potential and future levels of harm or increase the level of safety. As you take action to address, reduce, end or prevent violence, a primary concern is staying safe.

Three parts of safety planning:

1. **Risk Assessment** to identify the level of danger, potential danger or harm
2. **Safety Planning** to plan steps and roles to minimize this danger or harm
3. **Safety Actions** to take steps to minimize this danger or harm

The possibility of getting in the way of danger and risking retaliation to yourself and the survivor or victim (if you are not the survivor or victim) are considerations that are important every step of the way.

Staying Safe: Key Questions

- What are risks and dangers right now?
- Risks to whom?
- What level of risk? High, Medium, Low, None, Emergency?
- What are the risks and dangers if we take no action?
- What are the risks and dangers if we take action?
- Who needs safety and protection?
- What plans can we make to provide safety and protection?

Safety, like violence, may take many forms:

- Emotional
 - Basic feelings of worth and integrity
 - Ability to make basic life decisions
- Physical
 - Safety from physical harm and neglect or threats of physical harm; having basic needs of home, food, shelter and clothing
- Sexual
 - Freedom from unwanted sexual looks, gestures, or touch;
 - Safety from exposure to unwanted sexualized environment including language, pictures, audio, visuals
 - Safety from pressure to be involved in unwanted sexual activity
 - For children, protection from any type of sexual look, gesture, touch or exposure
- Economic or financial
 - Safety that we will have basic needs of home, food, shelter, and clothing
 - Safety that we will have a decent job or source of livable income
- Spiritual
 - Safety to hold and express our spiritual beliefs
- Other
 - Other forms of safety such as safety for immigrants from detention and deportation, safety from homophobia, safety from political persecution, and more

When Safety Planning...

1. Take into account the possibility that risks can increase as you take action to end violence.
2. Think about safety for everyone.
3. Involve other trusted people in staying safe.
4. Make safety checks a regular part of your plan.

5. Remember the signs of increased risk. (weapons, suicide, history of violence)
6. Separate safety from other feelings of discomfort.
7. Remember and prioritize the safety of children and youth

Safety Plan and Action Worksheet

This safety plan is for the following situation:

This safety plan covers the time period:

The safety plan is as follows. This may include:

What are the risks and the dangers? Or what can go wrong?

Who do we need to look out for? Who or what can cause risks and dangers – people, situations or systems?

Who can get hurt? How?

What can we do to stay safe?

Who is responsible for what part of the safety plan?

Do we have all the bases covered? Do we need to bring in more people?

Is there an emergency back-up plan? What is it? How will we know we should go into emergency mode? Is there a signal or code?

Follow-Up Plan:

- How did it go?
- What did we learn?
- How does this affect our safety plan? Our overall intervention?
- Are there any changes to be made? What are they?
- Who needs to communicate and to whom?
- What are we going to communicate?
- Who can know?
- Who should not know?
- What are the next steps?

Risk Assessment Chart

Risk, danger, or harm	Who or what is cause	Target of risk, danger or harm	What is the level of danger

Safety Planning Chart

Risk, Danger, or Harm	Who or what is cause	Target of risk, danger, or harm	Who is looking out for safety	What safety action and under what circumstances

Is there an emergency back-up plan? What is it? How will we know we should go into emergency mode? Is there a signal or code?

Follow-Up Plan

- Who needs to communicate and to whom?
- What are we going to communicate?
- Who can know?
- Who should not know?
- What are the next steps?

"Escape to Safety" Plan

- Avoid staying alone
- Plan how to get away if confronted by an abusive partner
- If you have to meet your partner, do it in a public place
- Vary your routine
- Notify school, work or other contacts of places you go to regularly
- Call a shelter for battered women
- Other _____
- Other _____

If you leave the relationship or are thinking of leaving, you should take important papers and documents with you to enable you to apply for benefits or take legal action. If you are planning to leave or think that you may need to, keep these items in a place that is easy to grab if you are running or keep originals or copies with a safe friend, co-worker or neighbor.

Important papers and items you should take include:

- Driver's license or other identification for you and your children
- Social security cards and birth certificates for you and your children
- Marriage license
- Birth certificates for yourself and your children
- Passport for you and your children
- Immigration papers for you and your children
- Leases or deeds in your name or both yours and your partner's names
- Medication
- Your checkbook
- Your charge/credit cards
- Bank statements and charge account statements
- Insurance policies
- Proof of income for you and your spouse or domestic partner (pay stubs or W-2's; past taxes)
- Documentation of past incidents of abuse (photos, police reports, medical records, etc.)
- Set of keys to the house and car
- Title to your vehicle
- Other _____
- Other _____