



My Safety Plan



When I need to call someone for help,
I can use my code words:



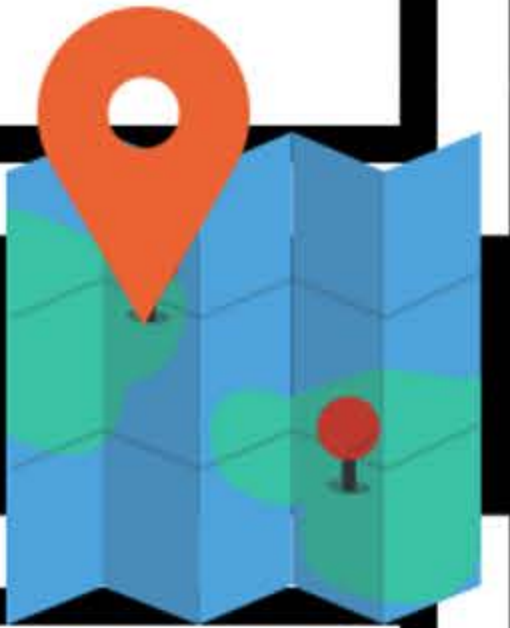
My Code word:

My Code when I'm with my partner:

For my children:

OUT & ABOUT:

When I go out, I will let this
person know my plans:



MY ALLIES:

When I need support I can turn to these people:

At home:

Between classes:

If I need to leave school:

If I need to leave work:

If I'm stranded and need a ride:

If I decide to end my relationship:

If I need childcare:

GETTING THERE:

If I need to avoid my
partner to and from
school and/or work.

My route or ride
will be:



SAFE PLACES TO GO:



When I don't want to be at home:

If I have to leave my home quickly:

If I end my relationship, I'll do it at:

If my children are in danger, I'll tell them to go to:

My nearest police station is:



My Emergency Kit
(If I need to leave
my house quickly I
will take these
items):



(Ex. Wallet, ID,
emergency contact
card)

EMERGENCY CONTACTS: