

My Safety Plan

A safety plan identifies the steps you can take to increase your safety and help to prepare yourself in the event of future violence. Everyone's situation is different, please feel free to tailor this to your specific needs.

Unfortunately, there is no way that a safety plan can absolutely guarantee your safety. However, following this plan will reduce the chance that your abuser will have the opportunity to hurt you. Remember that you do not have control over your abuser's actions, but you do have control of your own.

WHILE THE ENVIRONMENT IS CALM

Prepare an Escape Bag. Here is a checklist of some items to consider placing in it:

- _____ License or identification card
- _____ Birth Certificate
- _____ Social Security card
- _____ Immigration papers
- _____ Copy of Injunction for Protection (restraining order)
- _____ Insurance card(s)
- _____ Important records (medical, school, etc.)
- _____ Extra cash and bank cards
- _____ House and car keys
- _____ Medications
- _____ Immunization records
- _____ Change of clothes and toiletries (wipes, dry shampoo, feminine products, etc.)
- _____ Pet supplies (food, medication(s), etc.)
- _____ Special photos or valuable items
- _____ List of important numbers (family, friends, lawyer, doctor, etc.)
- _____ Spare cell phone (prepaid) and charger
- _____ Diary of abuse, if you have kept one
- _____ Other (identify) _____

Identify ways to stay safe off & on campus:

If I have to leave my home in an emergency, I should go somewhere safe such as:

The safest way for me to get to class is:

If I feel unsafe, I can go to these public areas to feel safe (Work, Coffee Shop, etc.)

I will use a code word to alert my roommate, family, friends that I need help. My code word is: _____

SAFETY AND PREVENTION

These are things I can do to keep myself safe everyday:

- _____ I will carry my cell phone with important numbers saved and keep it charged.
- _____ I will share my location with a trusted person or let them know where I will be, and unshare any location sharing with my partner.
- _____ I will avoid places my partner is likely to be.
- _____ I will reach out to family, friends, victim advocacy, etc. for support.
- _____ I will call 911 if I feel my safety is at risk.

DURING A VIOLENCE INCIDENT

There are weapons (firearms, knives, lighters, tools) in these rooms: _____
I will stay out of those rooms and will try to lead the abuser away from them. Avoid being backed into a corner or into a room with no exits.

Call 911: An operator will answer “911 – What is your emergency?” The caller will say “Someone at my house is being hurt. Send the police.

My name is _____; The address here is _____;
My phone number is _____. LEAVE THE PHONE LINE OPEN AFTER GIVING THIS INFORMATION. Answer any questions the 911 operator may ask.

During an emergency I can call these people for help:

Name: _____	Name: _____
Phone: _____	Phone: _____
Name: _____	Name: _____
Phone: _____	Phone: _____

EMOTIONAL HEALING

List below the people you can contact for emotional support:

List the activities you can do to feel safe and relaxed:

COMMUNITY CONTACTS

- ♥ For Emergencies: 911
- ♥ UT Campus Safety: 813-257-7777
- ♥ UT Victim Advocacy: 813-257-3900
- ♥ UT Counseling Services: 813-253-6250
- ♥ Hillsborough Police (non-emergency line): 813-247-8200
- ♥ Tampa Police (non-emergency line): 813-231-6130
- ♥ Crisis Center of Tampa Bay: 211
- ♥ The Spring 24-Hour Hotline: 813-247- 7233
- ♥ Florida Domestic Violence Hotline: 800-500-1119
- ♥ National Domestic Violence Hotline: 800-799-7233