

My Plan

People I can trust

Family member(s)

Friend(s)

School staff (i.e. social worker, counselor, nurse, teacher)

Co-worker(s)

Other (i.e. neighbor, clergy)

Places I can go

At school

At work

In public

Overnight

Resources I can call

Police/Sheriff's Department

Probation officer

Domestic violence/sexual assault program

Counselor

Clergy person

Attorney

Other

Tubman Family Alliance
Domestic Violence Hotline
612-825-0000
651-770-0777

My Plan

To increase my safety, I can do some or all of the following

The following steps will help you create a plan for increasing your safety and preparing to protect yourself in case of abuse. Although you can't control your abuser's violence, you do have a choice about how you respond and how to get to safety. You will decide for yourself if and when you will tell others that you have been abused, or that you are still at risk. Friends, family, and co-workers can help protect you, if they know what is happening, and what they can do to help.

- I can tell my family, friends, school staff, or co-workers about my situation.

- I can keep money for a pay phone with me at all times so that I can call any one of the people I trust for assistance or support.

- If I have to talk to the abusive person at school or in public, I can make up a "code word" for my family, co-workers, or friends, so they know when to call for help for me.

- I can use an answering machine or ask my co-workers, friends, or other family members to screen my calls and visitors. I have the right to not receive harassing phone calls. I can ask someone to help screen my phone calls.

- When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt.

- If I have a problem when walking, riding, or driving home, I can avoid places where I think my abuser might be.

- I can attend a support group for people who have been abused.

- I can report any injuries, threats, or stalking to the police.

- I will use my instincts, intuition, and judgment. I will protect myself until I am out of danger.
