



LITTLE RIVER BAND OF OTTAWA INDIANS
Victim Services PROGRAM
SAFETY PLAN



The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have choice about how to respond to him/her and how to best get myself and my children to safety.

Step 1: Safety During a Violent Incident: Women cannot always avoid violent incidents. In order to increase safety, battered women may use a variety of strategies.

- If I decide to leave, I will _____. (Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)
- I can keep my purse and car keys ready and put them _____ (place) in order to leave quickly.
- I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.
- I can teach my children how to use the telephone to contact the police and the fire department.
- I will use _____ as my code for my children or my friends so they can call for help.
- If I have to leave my home, I will go _____ (decide this even if you don't think there will be a next time). If I cannot go to the location above, then I can go to _____ or _____.
- I can also teach some of these strategies to some/all of my children.
- When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as _____. (Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to an outside door).
- I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

Step 2: Safety When Preparing To Leave: Battered women frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that a battered woman is leaving the relationship.

- I will leave money and an extra set of keys with _____ so that I can leave quickly.
- I will keep copies of important papers and documents or an extra set of keys at _____.
- I will open a savings account by _____, to increase my independence.
- Other things I can do to increase my independence include _____.
- The domestic violence program's hot line telephone number is _____ and I can seek shelter by calling this hot line.
- I will check with _____ and _____ to see who would be able to let me stay with them or lend me some money in an emergency.
- I can leave extra cloths with _____.
- I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence.
- _____ (domestic violence advocate or friend) has agreed to help me review this plan.
- I will rehearse my escape plan and, as appropriate, practice it with my children.

Step 3: Safety in My Own Residence: There are many things that a woman can do to increase her safety in her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

- I can change the locks on my doors and windows as soon as possible.
- I can replace wooden doors with steel/metal doors.
- I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
- I can purchase rope ladders to be used for escape from second floor windows.
- I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.
- I can install an outside lighting system that lights up when a person is coming close to my house.
- I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:
School: _____
Day Care Staff: _____
Babysitter: _____
Sunday School Teacher: _____
Teacher: _____
Other: _____
- I can inform _____, and _____ (neighbors), _____ (pastor), and, _____ (friend) that my partner no longer resides with me and they should call the police if he is observed near my residence.

Step 4: Safety With an Order of Protection: Many battered women obey protection orders, but one can never be sure which violent partner will obey and which will violate protection orders. I recognize that I may need to ask the police and the court to enforce my protection order.

- I will keep my protection order _____ (location) (Always keep it on or near your person. If you change purses that's the first thing that should go in).
- I will give my protection order to police departments in the communities where I usually visit family or friends, and in the community where I live.
- Your local county registry of protection orders that all police departments can call to confirm a protection order. I can check to make sure that my order is in registry. The telephone number for the county registry of protection order is _____.
- I can call the local DV program if I have questions or if I have some problem with my protection order.
- I will inform my employer, my minister, my closest friend, my relatives, and _____ that I have a protection order in effect.
- If my partner destroys my protection order, I can get another copy from the local County Courthouse.
- If my partner violates the protection order, I can call the police and report a violation, contact my attorney, call my advocate, and/or advise the court of the violation.
- If the police do not help, I can contact my advocate or attorney and will file a complaint with the chief of the police department.
- I can also file a private criminal complaint with the Prosecuting Attorney in the jurisdiction where the violation occurred. I can request that charges be filed against my battering partner for violation of the Protective Order and all the crimes that he commits in violating the order. I can call the DV advocate for help.

Step 5: Safety On the Job and in Public: Each battered woman must decide if and when she will tell others that her partner has battered her and that she may be at continued risk. Friends, family and co-workers can help to protect women. Each woman should consider carefully which people to invite to help secure her safety.

- I can inform my boss, the security supervisor and _____ at work of my situation.
- I can ask _____ to help screen my telephone calls at work.
- When leaving work, I can _____.
- When driving home if problems occur, I can _____.
- If I use public transit, I can _____.
- I will go to different grocery stores and shopping malls to conduct my business and shop at hours that are different than those when residing with my battered partner.
- I can use a different bank and take care of my banking at hours different from those I used when residing with my battered partner.
- I can also _____.

Step 6: Safety and Drug or Alcohol Use: Most people in this culture use alcohol. Many use mood-altering drugs. Much of this use is legal and some is not. The legal outcomes of using illegal drugs can be very hard on a battered woman, may hurt her relationship with her children and put her at a disadvantage in other legal actions with her battering partner. Therefore, women should carefully consider the potential cost, of the use of illegal drugs. But beyond this, the use of any alcohol or other drug can reduce a woman's awareness and ability to act quickly to protect herself from her battering partner. Furthermore, the use of alcohol or other drugs by the batterer may give him/her an excuse to use violence. Therefore, in the context of drug or alcohol use, a woman needs to make specific safety plans.

- If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.
- I can also _____.
- If my partner is using, I can _____.
- I might also _____.
- To safeguard my children, I might _____ and _____.

Step 7: Safety and My emotional Health: The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

- If I feel down and ready to return to a potentially abusive situation, I can _____.
- When I have to communicate with my partner in person or by telephone, I can _____.
- I can try to use "I can..." statements with myself and to be assertive with other.
- I can tell myself "_____" whenever I feel others are trying to control or abuse me.
- I can read _____ to help me feel stronger.
- I can call _____, _____ and _____ as other resources to be of support of me.
- Other things I can do to help me feel stronger are _____.
- I can attend workshops and support groups to gain support and strengthen my relationships with other people.

Step 8: Items to Take When Leaving: When women leave partners, it is important to take certain items with them. Beyond this, women sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Money: Even if I have never worked, I may be entitled to the funds in the checking and savings accounts. If I don't take any money from the accounts, he can legally take all money and/or close the accounts and I may not get my share until the court rules on it if ever.

When I leave, I should have:

- | | |
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| <input type="checkbox"/> Identification: Driver's License/State ID | <input type="checkbox"/> Passport |
| <input type="checkbox"/> Tribal Card | <input type="checkbox"/> Divorce Papers (JOD) |
| <input type="checkbox"/> Yours & Children's Birth Certificate | <input type="checkbox"/> Lease/Rental Agreement |
| <input type="checkbox"/> Marriage License | <input type="checkbox"/> Mortgage Payment Book |
| <input type="checkbox"/> Social Security Card(s) | <input type="checkbox"/> House Deed |
| <input type="checkbox"/> School & Vaccination Records | <input type="checkbox"/> Children's Favorite Toys/Blankets |
| <input type="checkbox"/> Money | <input type="checkbox"/> Some Clothing (all family members) |
| <input type="checkbox"/> Checkbook, ATM card, Credit Cards | <input type="checkbox"/> Items of Special Sentimental Value |
| <input type="checkbox"/> Keys (house/car/work) | <input type="checkbox"/> Health Insurance Cards |
| <input type="checkbox"/> Medication (all family members) | <input type="checkbox"/> Address Book |
| <input type="checkbox"/> DHS ID (WIC/EBT card) | <input type="checkbox"/> Pictures |
| <input type="checkbox"/> Medical Records | <input type="checkbox"/> All Relevant Court Papers (PPO's, custody, etc.) |
| <input type="checkbox"/> Green Card | |

Step 9: Technology Safety Planning: Technology can be very helpful to victims of DV, SA, dating violence and stalking, however it is important to also consider how technology might be misused.

- Create a new email or IM accounts.
- Check your cell phone settings. Consider turning it off when not in use. If your cell has an optional location service, you may want to switch the location feature off/on via cell settings or by turning your cell on and off.
- Change passwords & pin numbers (email, ATM cards, etc.).
- Minimize use of cordless phones or baby monitors. If you don't want others to overhear your conversations, turn baby monitors off when not in use and use a traditional corded phone for sensitive conversations.
- Use a donated or new cell phone. Contact your local hotline program to learn about donations programs that provide new cell phones and/or prepaid phone cards.
- Search for your name on the Internet. Major search engines such as "Google" or "Yahoo" may have links to your contact information.

I will keep this document in a safe place and out of the reach of my potential attacker.

Review Date: _____