

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

1. When I talk to my abuser in person, I can:

2. When I talk to my abuser on the phone, I can:

3. I will make up a "code word" for my family, co-workers or friends, so they know when to seek help for me. My code word is:

4. When I feel a fight is going to begin, I will try to move to a place that is of lowest risk for getting hurt, such as:

Or (at work):

or: (at home) (in public):

5. I can tell my family, co-workers, boss or friend about my situation. I feel safe telling:

6. 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 harrassing phone calls. I can ask the following person to help screen my phone calls:

Work: _____ Home: _____

7. I can keep change for phone calls with me at all times. I can call any of the following people for assistance or support if necessary and can ask them to call the police if they see my abuser bothering me.

Friend: _____ # _____

Relative: _____ # _____

Co-worker: _____ # _____

Counselor: _____ # _____

Shelter: _____ # _____

Other: _____ # _____

8. When leaving work I can:

9. When walking, riding or driving home, if problems occur, I can:

10. I can attend a support group for people who have been abused. Support groups are held at this day and time: _____.

At this agency: _____.

11. Telephone Numbers I Need to Know:

Police/Sheriff's Department: _____

Probation Officer: _____

Domestic Violence/Sexual Assault Program: _____

Counselor: _____

Faith leader: _____

Attorney: _____

Other: _____
