

Individualized Safety Plan

This plan is created to support survivors in identifying safe options and strategies to stay protected in different settings.

Personal Information

| Name: _____ | Date: _____ |

Emergency Contacts

Name	Relationship	Phone
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Safe Places

- A room with a lock: _____
- Trusted neighbor/friend: _____
- Public or emergency space I can go to: _____
- Safe address (if I leave): _____

Important Items to Pack (if leaving)

- ☐ ID/Driver's License
- ☐ Birth Certificates (self & children) (if possible, upload into a USB as well).
- ☐ Social Security cards
- ☐ Bank Statements
- ☐ Keys (home, car)
- ☐ Medications
- ☐ Cash/ATM card
- ☐ Important phone numbers
- ☐ Legal documents (protective orders, custody papers)
- ☐ Clothes for self and children

Safety During a Violent Incident



- If an argument begins, I will try to move to a room with **an exit** and **no weapons**.
 - I will avoid rooms like: _____ (e.g., kitchen, garage).
 - I will use a code word with children/trusted contacts: _____.
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Safety When Preparing to Leave

- I will contact R.I.S.E and the National Domestic Violence Hotline:
(919) 283-1930 | nciamrise@gmail.com
(800) 799-7233 or Text BEGIN to 88788
 - I will plan transportation (car, bus, ride): _____
 - I will not tell the abuser my plans.
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After Leaving

- Change locks/add security if possible.
 - Alert trusted people (school, employer, landlord).
 - Change the usual routine routes and times.
 - Keep court orders/custody documents with you at all times.
 - Block phone number or get a new phone.
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Client Signature: _____

Advocate/Staff Signature: _____

Date: _____

