



Safety Plan

Safety For My Children

- * I will consider how much or how little is appropriate to share with them*
- If I believe violence may occur, I will do my best to remove myself and my children from the situation before the violence begins.
 - If my abuser does start to harm me, I will try not to run to where my children are.
 - I will ensure that they know that their first priority is to stay safe.
 - I will teach them that violence is never right, even when done by someone they love.
 - I will tell them that the violence isn't their fault.
 - If I believe my child would be able to leave the house safely on their own to get help, I would teach them to go to _____.
 - When they arrive at _____, I will teach them to say/do the following:
 - _____
 - _____
 - _____
 - If they are unable to leave the home, I will teach them safe places to hide in the house such as:
 - _____
 - _____
 - _____
 - I can teach these strategies to my children if I feel it is safe to do so:
 - How to contact police and when this should be done (can practice on a fake phone)
 - Code word or phrase that indicates when my they should leave or call for help
 - The code word or phrase is: _____
 - If I have children with my abuser, and I am hoping to leave the state or hide them from my abuser, I will talk to a lawyer who specializes in domestic violence and custody issues beforehand to avoid any criminal parental kidnapping laws.