

# Safety Planning

A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Safety planning involves how to cope with emotions, tell friends and family about the abuse, take legal action and more.

It can be very helpful to talk to an advocate at your local domestic violence agency

(\_\_\_\_\_),  
as well as any trusted family members or friends who are aware of your situation.

## Here are some things to consider in a Safety Plan:

1. Gather all important papers for yourself and your children. These include Social Security cards, birth certificates, financial records, immigration papers, passports, etc. Put them in a safe place where you can get to them in a hurry.
2. Try to set aside some extra cash, checkbook, savings account or credit card if you can. Be sure to hide any cash or financial records of your savings in a safe place.
3. Hide an extra set of car and house keys in a safe place or give them to a friend or neighbor.
4. Pack a suitcase or bag containing essential clothing, toiletries and medications; anything you would want if you must leave in a hurry-for you and your children.
5. Plan ahead where you could go for safety in an emergency and how you would get there. If your plan includes other people, discuss the plan with them. You may want to arrange a signal that will indicate to them that you need help. Be sure to make arrangements for your pets as well.
6. If danger is imminent, leave at once! Try to take your suitcase and other items, but do not risk your safety or that of your children for them. Take your children with you if you can.
7. Talk with your children about safety if they are old enough to understand. Teach them how to call for help on 911 and where to go to be safe. You may want to set up a code word or signal with them so that they will know when to call for help or leave.
8. If you make a phone call for help or to a helpline, be sure to clear your call log, so that your partner cannot trace whom you called. If someone calls you from a helpline or a number in which you are receiving help, make sure you clear your caller ID as well. Remember, even if a number is blocked, the number can possibly still be traced by pressing \*69.
9. A corded phone is much safer for sensitive conversations than a cordless phone. Cordless phone conversations can sometimes be heard on other cordless phones or on baby monitors.

## **Internet Safety**

Check to see if the "Use inline AutoComplete" box is checked. If it is, partial web addresses will be completed while typing in the address bar and could reveal where you have been browsing. To make sure this isn't enabled, pull down the tools menu, choose Internet Options, and then click the Advanced tab. There is a box that can be checked or unchecked called Use inline AutoComplete. Uncheck the box if it is checked.

Cache/History file- This file automatically saves a list of all the websites you've visited while you were on the internet, and should be cleared after every session, especially if you've visited sites you wish to keep private from your abuser.

Be cautious about having photos of yourself and of your children displayed online. This includes photos from your children's school, relatives, and/or sporting events. Ask others to not post pictures of you or your children without asking for your permission first.

Be aware that government agencies and court systems may publish records on the web. Find out from all of the agencies you work with as to what is published and ask if your information can be restricted.

## **Email Safety**

Create a new email account from one of the free email providers (yahoo, Gmail, Hotmail). Choose a gender neutral non-specific username that is nothing like you've had before. Don't reference specific details about yourself such as birthdates, or anything that your abuser may be able to use to identify you.

If you use the address book associated with your email program, do not enter sensitive information into the address book. If your email program automatically enters email addresses of those you've replied to into the address book, you may be able to disable that feature. You may also be able to disable the automatic name completion feature, which fills in an email address after the first few letters are typed.

Your sent and Deleted Items folder will contain copies of sent and deleted items. You can prevent items from being saved in your Sent folder by disabling that feature in your email settings area. You can either set your deleted items folder to be cleared daily or simply empty it at the end of each email session.

You can block incoming emails through your email program. You can select to block specific email addresses, or addresses ending in the same address.

If you are being harassed online, there are several steps you can take to end the harassment. The first thing to do is save copies of everything. If you have a DVPO that stipulates no contact, email contact is a violation and you can report that to the local authorities. You can also contact the internet service provider (ISP) and email the service of the person that is harassing you.



## Cell Phone & Location Safety Strategies

Cell phones are integrated into our lives in a way that allows us, and potentially others, access to a lot of personal information, including our activities, social circles, and even location. The following information will help you assess whether you think your activities and location are being monitored through your cell phone and offer strategies to consider that can help maximize your safety needs. If you believe someone is abusing, stalking or harassing you, we recommend that you work with a domestic or sexual violence victim advocate to ensure that you get all the information and resources you need.

### Is there a pattern?

Cell phones can be monitored in many ways. If you think that someone is monitoring your cell phone activity, try to narrow down what that person is doing by looking for patterns in the person's behavior.

#### *What does the person seem to know?*

Does the person seem to know everything—who you've spoken to, the content of conversations you've had either on your cell phone or near your cell phone, texts you've written and received, where you go—or just pieces of that information? Narrowing the possibilities of how your activities are being tracked will help you determine the device, program, or means by which you are being monitored, and safety strategies you may want to consider.

#### *Has the person monitoring you, or someone they know, had access to your cell phone?*

Most monitoring of cell phones requires physical access to the phone. The person might regularly scroll through the phone to see who called and texted you or may have installed monitoring software on the phone allowing them to view your activity from another phone or computer. With physical access to your phone, they could download apps or change account and security features to make your phone more vulnerable.

#### *Does the person have access to your wireless carrier's account?*

Another way that perpetrators can monitor your cell phone use is if they have access to your wireless carrier's account. If their name is on the account, they may have the ability to turn on features, such as family locator services, or they may be able to access your billing records online and see your call logs and other information.

### Do they seem to know your location?

#### *Are you using location-based apps on your phone?*

With many location-based social media platforms, you could inadvertently be sharing your location. Check to make sure that you don't have apps running that are pulling your location and publishing it online. Although many of these apps require you to "turn on" your location, you'll want to look into



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the location and privacy settings on your phone and within these apps to ensure that you are in control of that information. Additionally, there are “locate my phone” features in apps or built-in settings in some phones to locate your phone when lost or stolen. The person monitoring you may access that account or install an app with that feature without your knowledge to determine your location.

*Are your friends or family using social media and sharing your location?*

Some applications allow friends to check you into a certain location, showing exactly where you are. Other times, someone may mention you by name in an online message while also referring to being at a specific location. If you are using these social media applications you may be able to set up notifications so that you know if others share your location. Depending on the application, you might be able to change your privacy setting to not allow others to share your location information.

*Does the person monitoring you seem to know where you go, even when you don't have your cell phone?*

Although cell phones can be misused to track someone's location, many other technologies can be misused to track location as well. They can use an actual GPS device that could be in placed your car or your belonging. Or they could misuse the navigational system in the car to see where the car is in real-time or they could download the data from the navigational system to see where the car have gone.

**Do you notice unusual activity on your phone?**

*Excessive battery drain on your phone or a spike in data usage can be an indicator that additional software or spyware is running on your phone.*

If the perpetrator has installed spyware on your phone in order to monitor your usage, you may see a surge in battery and data usage, double text messages, and sometimes shutdown problems. If you are concerned about spyware, work with your carrier and find out what your options are.

### Safety Strategies

*Trust your instincts.* If you suspect that someone is monitoring your location or conversations, they might be doing so. Narrowing down how they are monitoring your activities will help you determine your next steps.

*Pay attention to patterns and behaviors.* In many intimate partner stalking instances, the victim knows that the abusive person is monitoring his/her activity based on things the abusive person says or does. This information might help you figure out how they are monitoring your activities.



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*Document what you can.* If you can, document what is happening so you can establish a pattern of monitoring and stalking behavior. This can be helpful if you want to pursue stalking or harassment charges and can help you visualize the monitoring so you can adjust your safety strategies accordingly.

*Talk to friends and family.* For many survivors who are trying to relocate or hide, it is family and friends that inadvertently share their location. If you have children, talk to them about their technology use and limit how much they share about their own location. Even innocent comments or posts about where they are going or what they are doing might tip off stalkers about their location.

### General cell phone safety strategies.

- Lock your cell phone with a pass code and don't share the passcode with anyone.
- Turn off the GPS on your phone and leave it on E-911 only. Be aware that some phones may limit this capability and some apps will not work with the GPS turned off.
- Some apps will allow you to opt out of it gathering location information; if an app will not give you that option, consider not downloading the app. For apps that do allow you to opt out, turn off the location feature and check regularly to ensure that your preference doesn't get changed during an update.
- If you have apps connected to online accounts on your cell phone, do not stay logged in. Log off after each use.
- Turn off the Bluetooth on your cell phone when it is not in use.
- Check your cell phone account every now and then through your wireless carrier's website to ensure that you know all the features that are running on your phone.
- Run anti-virus and security software on your phone. Some software will even list all the programs that are running on your phone.
- Avoid purchasing a "jail-broken" iPhone or "jail-breaking" your iPhone (removing the manufacturer and carrier's restrictions) since these phones are much more vulnerable to spyware and malware.

### Strategies if you feel you are being monitored.

- If you can, replace your current phone.
  - You can get a donated phone through the Verizon Hopeline (which partners with domestic violence programs) or through a low-income program such as Safe Link Wireless.
  - You can purchase a pay-as-you-go phone, one that isn't connected to any accounts that the perpetrator might have access to. Make the purchase with cash to avoid the phone being connected with your personal information.



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## Cell Phone & Location Safety Strategies

- If you purchase a new phone with a traditional carrier, considering switching carriers and phone number. Ask that you are the only authorized account holder and check to see what type of notifications you will receive if any features get added or removed.
- Most cell phone companies also sell used or refurbished phones that are more affordable.
- Think about your safety when getting rid of the monitored cell phone. Some perpetrators may escalate their abusive behavior if they think that the survivor is removing their control and access.
- Depending on what is being used to track your location, some location applications will allow the user to set a location that could be different from where the user actually is.
- Take caution before moving data (porting contacts through the carrier or using the same memory card) or SIM cards from the cell phone that is monitored onto the new phone. The safest method is to manually enter the new data onto the new phone.
- If you cannot leave the cell phone but don't want the person monitoring you to know where you are going, you can turn off the phone and take out the battery. For additional security, you can wrap your phone in aluminum foil to ensure that no signal is being received or sent. Keep in mind, however, that once you turn the phone back on, all data waiting to be sent and to be received will occur, and if someone is monitoring your whereabouts, when you turn the phone back on, they will know.

### Safety strategies for GPS devices.

- Narrow down what might be used. If it is a GPS device that is in the car, you could ask a trusted mechanic or law enforcement to go through the car to see if they can find the device.
- Be thoughtful about identifying and removing the device. Keep in mind that the person monitoring you might also know that you visited a mechanic or law enforcement and may escalate his/her abusive behavior if he/she suspects that you may be removing his/her access and control.
- GPS devices can also be hidden in gifts either to you or to family members. Look through anything that is new or was given as a gift.
- GPS monitoring can be passive or active; if it is passive, the person monitoring will need to extract the data from the GPS device to see where the GPS device traveled. If it is active, then the device is sending out a signal that is communicating where the GPS device is traveling.
- Some counter-surveillance equipment will "jam" the GPS frequency but keep in mind that this will also jam other signals, such as cell phone signals.

# My Domestic Violence Safety Plan



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

## Safety During a Violent Incident:

- If my partner and I are having an argument, I can try to move to a space that is lowest risk, such as \_\_\_\_\_ . {Try to avoid the bathroom, garage, kitchen, rooms with weapons, or rooms without access to an outside door. Do try to pick a room that locks and has a phone.}
- If it is not safe to stay, I can \_\_\_\_\_ . Practice getting out safely. What doors, windows, elevators, stairwells, or fire escapes can you use?}
- I can keep my purse and car keys ready and put them \_\_\_\_\_ so I can leave quickly.
- I can leave an extra set of car keys with \_\_\_\_\_ (friend, co-worker, neighbor, etc.) or hide them \_\_\_\_\_.
- I can tell \_\_\_\_\_ and \_\_\_\_\_ about the violence and ask them to call the police if they hear suspicious noises coming from my home.
- I can use \_\_\_\_\_ as my secret code word with my children or my friends so they can call for help.
- I can teach my children how to use the telephone to call 911.
- If I have to leave my home, I can go to \_\_\_\_\_ or \_\_\_\_\_ .  
{Decide this even if you don't think there will be a "next time."}

Use your judgment. If the situation is very serious, give your partner what he/she wants to calm him/her down. You have to protect yourself until you (and your children) are out of danger.

## Safety When Preparing to Leave:

- I can leave money and an extra set of keys with \_\_\_\_\_ so I can leave quickly.
- I can keep copies of important documents, extra clothes and medications with \_\_\_\_\_.
- I will open a bank account by \_\_\_\_\_, to increase my independence, even if I can only put a few dollars in it. I can check with a bank, a credit union about opening an account, or I can \_\_\_\_\_ . {Preferably opened in a different bank than you and your partner use jointly.}
- Other things I can do to increase my independence are \_\_\_\_\_.
- The domestic violence hotline telephone number is \_\_\_\_\_. (In Durham, 403-6562.) I can keep change for phone calls with me at all times. I understand that if I use my telephone credit card, the following month's bill will tell my partner those numbers that I called after I left. To keep my telephone communications confidential, I can use change or get a friend's permission to use his or her calling card or cell phone for a limited time when I first leave. I could also purchase a pre-paid calling card for this purpose.
- I can check with \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money.
- I can review this Safety Plan every \_\_\_\_\_ (day of the week) so I know the safest way to leave my home. \_\_\_\_\_ (friend, relative or DCRC Advocate) has agreed to help me review this plan.
- I can rehearse my escape plan and, as appropriate, practice it with my children.

## Safety in My Home:

- If my partner does not live with me or no longer lives with me, I can take steps to ensure my safety and my children's safety in the home. Safety measures I can take include:
  - Changing or adding locks on the doors and windows.
  - Replacing wooden doors with steel or metal doors.
  - Installing security systems, including window bars, poles to wedge against doors, an alarm system, etc.
  - Purchasing rope ladders to be used for escape from second floor windows.
  - Installing smoke detectors and purchasing fire extinguishers for each floor of my home.
  - Installing an outside motion-sensitive lighting system that activates when a person approaches my home.*(Durham Crisis Response Center- DCRC, 403-6562, can help you get an alarm system, 911 cell phone or lock changes free in certain circumstances.)*
- I can teach my children to recite their names, addresses, home telephone number and parents' names.
- I can teach my children how to use the telephone to make a collect call to me and to \_\_\_\_\_ in the event that my partner abducts them.
- I will tell people who take care of my children who has permission to pick up my children and that my partner is not permitted to do so. The people I inform about pick-up permission include:
  - \_\_\_\_\_ (school / teacher)
  - \_\_\_\_\_ (day-care or after school staff)
  - \_\_\_\_\_ (baby sitter)
  - \_\_\_\_\_ (relatives)
  - \_\_\_\_\_ (friend)
  - \_\_\_\_\_ (Sunday school teacher)
  - \_\_\_\_\_ (others)
- I can inform \_\_\_\_\_ and \_\_\_\_\_ that my partner no longer resides with me and they should call the police if he/she is observed near my home.

## Safety with Domestic Violence Protection Orders (DVPO):

- I can keep a copy of my DVPO \_\_\_\_\_. *{Always keep it on or near your person. If you change purses, for instance, be sure that the first thing into the new purse is the DVPO.}*
- I can make extra copies of my DVPO and keep them at \_\_\_\_\_, and \_\_\_\_\_. *(Always give a copy to all people and/or places that the abuser has been ordered to stay away from, i.e. day care centers, schools, churches, workplace, family residences, etc.)*
- If my partner violates the DVPO, I can \_\_\_\_\_
  - Call law enforcement (911) immediately to report the violation. *(If law enforcement finds the abuser near you, they should arrest him immediately. Show them a copy of your DVPO.)*
  - File a Motion to Show Cause in District Court with the Civil Clerk of Court located at \_\_\_\_\_; the batterer will have to go back before the judge to address the motion. *(In Durham, go to the Durham County Judicial Building, 201 East Main Street, on the 3rd Floor.)*
  - Charge the abuser for the crimes he commits in violating the order by going to the Criminal Magistrates' office located at \_\_\_\_\_. *(In Durham, 206 E. Pettigrew St, at Mangum St.)*  
*(For help, you can call DCRC crisis line, 403-6562, or the DCRC Legal Advocate, 403-9425 x 240.)*



- If law enforcement and the courts are not responsive, I can:
  - File a complaint with the police department or sheriff's office by calling \_\_\_\_\_. (If in Durham, you may want to contact the Domestic Violence Unit in the Durham Police Department, 560-4910, or the Crisis Unit in the Durham County Sheriff's Office, 560-0901)
  - Contact my domestic violence advocate who may advocate for me and help me file a complaint with the police department or sheriff's department, if necessary. (In Durham, call the DCRC crisis line 403-6562 or the DCRC Legal Advocate, 403-9425 x 240.)
  - Contact my attorney who can advocate for me with law enforcement and the courts.
- I can inform \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_ (friend, relative, church/synagogue leader, etc.) that I have a DVPO.
- If my partner destroys my DVPO, I can get another copy from the Civil Clerk's office at the courthouse located at \_\_\_\_\_. (In Durham County, the Clerk's Office is located on the third floor of the Durham County Judicial Building, 201 East Main Street, Durham.)

**Safety on the Job and in Public:**

- I can inform \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_ at work of my situation. (boss, security supervisor, co-worker, etc.)
- I can give a copy of my DVPO to \_\_\_\_\_ (boss, security supervisor, co-worker, etc.) or other co-worker.
- I can use \_\_\_\_\_ (voice mail, the receptionist or a co-worker) to help screen my telephone calls at work.
- I can park my car in a visible, well-lighted area at \_\_\_\_\_.
- When I am leaving work, I can \_\_\_\_\_.

(walk out with co-workers, ask Security for an escort, take a different route home, etc.).

- If problems occur while I am driving home, I can:
  - Use my cellular phone to call for help. (DCRC can help you get a free 911 cell phone if needed.)
  - Drive to a local police or fire department
  - Go to a well-lighted, heavily trafficked place, like a gas station, restaurant or drive-thru to ask for help.
- If I use public transportation, I can make the driver aware of any threatening situation.
- I can also \_\_\_\_\_ (request a transfer to another job site or another department, change my job hours, change jobs altogether, etc.).
- I change where I shop to \_\_\_\_\_ (grocery stores and shopping malls) and shop at hours that are different from my typical routine.

**Safety and Drug or Alcohol Consumption:**

- If I am going to consume alcohol or other drugs, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety, such as \_\_\_\_\_.
- If my partner is consuming or using, I can be prepared to leave the home.
- To protect my children when using alcohol or other drugs, I can \_\_\_\_\_ (have them stay with a trusted friend, relative, etc.).

Remember that the use of alcohol or drugs can impair your judgment, awareness and ability to react quickly. It may also put you at a disadvantage in other legal actions with your abuser.

## 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. To conserve my emotional energy and resources, and to avoid hard emotional times, I can do some of the following:

- I can attend a domestic violence support group. *(In Durham, call DCRC at 403-6562.)*
- I can see an individual counselor or therapist.
- If I feel down and ready to return to a potentially abusive situation, I can \_\_\_\_\_
- When I must communicate with my partner in person or by telephone, I can \_\_\_\_\_
- I can use positive self-talk with myself and be assertive with others. I can tell myself that I do not deserve to be beaten whenever I feel others are trying to control or abuse me.
- I can read \_\_\_\_\_ to help me feel stronger.
- I can call the police, my attorney or \_\_\_\_\_ as other resources to support me when I feel threatened.

## Items to Take With Me When Leaving:

- |   |  |
|---|--|
| <input type="checkbox"/> Identification for myself                                  | <input type="checkbox"/> Address book                              |
| <input type="checkbox"/> Driver's license and registration                          | <input type="checkbox"/> Pictures                                  |
| <input type="checkbox"/> Children's birth certificates                              | <input type="checkbox"/> Medical records for all my family members |
| <input type="checkbox"/> My birth certificate                                       | <input type="checkbox"/> Social Security cards                     |
| <input type="checkbox"/> Clothes for myself and my children                         | <input type="checkbox"/> Welfare identification                    |
| <input type="checkbox"/> Money  | <input type="checkbox"/> School and vaccination records            |
| <input type="checkbox"/> Lease, rental agreement, house deed, mortgage payment book | <input type="checkbox"/> Work permits                              |
| <input type="checkbox"/> Bank books   | <input type="checkbox"/> Green card, visa and/or passport          |
| <input type="checkbox"/> Check books and ATM cards                                  | <input type="checkbox"/> Divorce papers                            |
| <input type="checkbox"/> Credit cards   | <input type="checkbox"/> DVPO                                      |
| <input type="checkbox"/> Insurance papers   | <input type="checkbox"/> Jewelry                                   |
| <input type="checkbox"/> Keys to the house, cars and office                         | <input type="checkbox"/> Children's favorite toys / blanket        |
| <input type="checkbox"/> Medication for myself and the children                     | <input type="checkbox"/> Items of special sentimental value        |
| <input type="checkbox"/> Small saleable objects (jewelry, etc.)                     | <input type="checkbox"/> _____                                     |

I can keep these items in one location. If I have to leave, I can grab these items quickly.

## Important Telephone Numbers:

- Police Department: 911
- Police Department Domestic Violence Unit: (Durham - 560 4910) \_\_\_\_\_
- Civil Clerk of Court: (Durham - 560-8281) \_\_\_\_\_
- Domestic violence crisis hotline: (Durham - 403-6562) \_\_\_\_\_
- Work Number: \_\_\_\_\_
- Supervisor's Home Number/Pager: \_\_\_\_\_
- My attorney: \_\_\_\_\_
- Other: \_\_\_\_\_

# The VIGOR

The Victim Inventory of Goals, Options, & Risks

*An Aid to Help Survivors of Violence Assess Their Risk  
and Decide How to Cope*

Developed by Sherry Hamby, Ph.D. & Sarah Clark

The VIGOR helps you to develop a personalized plan for coping with violence and other life problems and can be used multiple times as your situation changes.

Of course, some problems are outside any one person's individual control. Especially, your partner's behavior is outside of your control. The outcomes of these steps cannot be guaranteed.

Domestic violence advocates know a lot about the options and resources in their own communities. They are based in domestic violence agencies and shelters. You might find it helpful to complete the VIGOR with an advocate, who can provide you with detailed information about the resources in your home town. The National Domestic Violence Hotline at 1-800-799-SAFE (7233) (or 1-800-787-3224 for TTY) will help you find the nearest advocate.

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## Identify Goals

Where would you like to be 6 months from now? What hopes do you have for yourself or your family? List your goals.

- 1.
- 2.
- 3.
- 4.

## Identify Risks

First, think about the different problems you are currently dealing with. Most people who have been hurt by a partner face the risk of future physical danger. Other life areas need to be considered, too. They may not all apply to you; for example, not everyone has pets. The idea is to make a list that is unique to *you*.

Risk Category	Your Actual & Possible Risks (describe)
<u>Personal Safety</u> Physical, verbal, sexual safety & well-being	
<u>Others' Safety/Well-being</u> Children Family Pets Friends/others	
<u>Financial risks</u> Money issues related to work, school, moving, legal fees, bills, insurance, debt, etc.	
<u>Legal risks</u> Concerns about police, divorce, child protection, immigration, other legal actions	
<u>Social risks</u> Ways that your relationships with family, friends, co-workers, etc. might be affected	
<u>Psychological risks</u> Feelings you might have about your situation, emotional risks like stress or sadness	
<u>Other risks</u> Anything not covered by above categories	

List your biggest or most important risks:

- 1.
- 2.
- 3.
- 4.

\*\* Note: If you tell about a child in danger from abuse, advocates must contact child protective services in most areas.

## Identify Strengths and Resources

You may have more resources than you thought, or you may get some ideas about what you need in order to meet your goals.

Resource Category	Your Actual or Possible Resources (describe)
<u>Personal &amp; Psychological</u> Ways in which you are strong and can keep safe. Include all kinds of strength, such as courage & faith.	
<u>Housing resources</u> Access to safe place to live (own a home, name on a lease, affordable housing, etc)	
<u>Financial resources</u> Sources of income or other financial support.	
<u>Legal resources</u> Documents, legal help, or other things that can help you deal with courts & agencies.	
<u>Social &amp; community resources</u> People you can rely on in times of trouble. Include family, friends, AA or other 12-step programs, religious groups, or other organizations, too.	
<u>Privacy &amp; protection</u> Ability to increase privacy settings on computer, phone, or make home more secure.	
<u>Other resources</u> Things that can help you that are not included above.	

## Identify Options

Thinking about your resources, start to identify your options and choices about what to do. Many choices can be used together. At this point, just put down all of the possibilities you might be willing to do.

Option Category	Existing & Potential Options (describe)
<u>Housing options</u> Stay with family or friends, rent apartment or other new housing, go to shelter, stay with partner	
<u>Financial options</u> Open bank account, get job training, apply for job, start saving money, borrow money, sell items to raise money	
<u>Legal options</u> Apply for order of protection/restraining order, file for divorce, seek child custody of children, crime victims compensation	
<u>Social options</u> Join community group, talk to supportive friends/family, speak to clergy	
<u>Psychological options</u> Join support group, individual or couples counseling, exercise, journal	
<u>Community options</u> Work with advocate, job training, employment agency, apply for public assistance (TANF, food stamps, Medicaid, Medicare, state health insurance for children, etc.)	
<u>Privacy &amp; protection</u> Change privacy settings on social networking sites, change locks, change phone numbers & passwords, get prepaid phone	
<u>Other options</u>	

## Reflecting on Your Choices

You have identified your goals, risks, and options. Now, consider what you think are your best choices to create the best plan for you. Remember, you can change your choices later if you want.

List your biggest or most important risks (from p. 2)

Write one thing you can do here:
<i>This choice helps with the following risks (describe):</i>
<i>This choice doesn't help with these risks (describe):</i>
<i>Do I need anything I don't have right now in order to do this? How can I get what I need to do this?</i>

Something else you can do:
<i>This choice helps with the following risks (describe):</i>
<i>This choice doesn't help with these risks (describe):</i>
<i>Do I need anything I don't have right now in order to do this? How can I get what I need to do this?</i>

Something else you can do:
<i>This choice helps with the following risks (describe):</i>
<i>This choice doesn't help with these risks (describe):</i>
<i>Do I need anything I don't have right now in order to do this? How can I get what I need to do this?</i>

You can add more steps you want to take on the back if you want