

My Personal Safety Plan (Preparing to Leave)

NAME: _____

DATE: _____

If I decide to leave **during a violent incident**, I will:

I will keep my items available _____ (name of place).

I can tell _____ (person/s) about the violence.

If I decide to leave, I will:

I will pack _____

Places/Options for me to seek safety: _____

I will keep my items available _____ (name of place).

I can tell _____ (person/s) about the violence.

ITEMS FOR MY TO-GO BAG:

I will keep my items available _____ (name of place).

To keep myself grounded, I can tell myself: _____

THINGS I STILL NEED TO KNOW/ASK/PLAN:

My Personal Safety Plan (AFTER I HAVE LEFT)

NAME: _____

DATE: _____

After I have left, I will:

I will keep my items available _____ (name of place).

I can tell _____ (person/s) about the violence.

When I am at work/school, I will:

I can tell _____ at _____ about the violence.

The supportive people in my life are: _____

My goals are:

To keep myself grounded, I can:

I can tell myself, "I am _____"

THINGS I STILL NEED TO KNOW/ASK/PLAN:
