

# Personal Safety Plan

**What can you do to help protect yourself and your children?**

**Start by making the following pledge to yourself:**

The following steps are my plan for increasing my safety and preparing to protect myself in case of further abuse.

*Although I can't control my abuser's violence, I do have a choice about how I respond and how I get to safety. I will decide for myself if and when I will tell others that I have been abused, or that I am still at risk. Friends, family and coworkers can help protect me, if they know what is happening, and what they can do to help.*

1. I will call 911 if I am in danger or need help.
2. If I am injured, I will go to a hospital emergency room or doctor and report what has happened to me. I will ask that they take photos and document my visit in writing.
3. I can tell my family, co-workers, boss, or a friend about my situation. I feel safe telling:
4. [I know where I can go for help](#) and where I can tell someone what is happening to me. I will keep phone numbers and 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.
5. I will make up a 'code word' for my family, co-workers, or friends, so they know when to call for help for me. My code word is :
6. I will also make up a 'signal' with a trustworthy neighbor to signify trouble (for example, if the porch light is on during the day, the neighbor should call the police).

**My signal will be:**

**and my neighbor is:**

7. I will plan and identify with my children a safe place for them. If possible, a neighbor's house where they can go for help. I will reassure them their job is to stay safe, not to protect me.

**My children's safe place is:**

8. I will document and keep any evidence of physical abuse (ripped clothes, photos of bruises and injuries, etc). I can keep this evidence with someone I trust.

**That person is:** .

9. I will keep important items with someone I trust.

10. I will plan the safest time to get away.

11. I will contact a shelter to find out about laws and other resources available to help me before I have to use them. A shelter can help you further plan ways to protect yourself and your children and find the support you need. For a list of shelters and resources in Collin County, please see the list provided below.

12. I will file a police report and consider getting a restraining order if I feel that my children and I are in danger. A restraining order legally compels the abuser to stay away from you or s/he can be arrested. Be aware that papers filed for a restraining order or police report may become public record. Put only necessary information in the papers and only provide a post office box address. (Note: Some abusers may react to a restraining order by escalating the violence. It is important to consider what the safest option is for you before obtaining a restraining order. A shelter or agency can help you assess these options.)

## Who To Call

If you are being threatened or hurt, **call 911 immediately.**

Issue	Agency	What They Do	Phone
<b>Adult/Family Abuse</b>	<b>Hope's Door</b>	A Collin County full-service shelter and counseling center helping families affected by domestic abuse.	972-422-7233
	<b>Plano Police Department Family Violence Unit</b>		(972) 941-2580
	<b>National Domestic Violence Hotline</b>		1-800-799-SAFE (7233) or (TTY) 1-800-787-3224
<b>Elder Abuse</b>	<b>Adult Protective Services</b>		(972) 633-6600
<b>Rape and Sexual Assault</b>	<b>The Turning Point</b>	FREE services are provided to victims of all forms of sexual assault including: attempted sexual assault, child sexual abuse, date rape, incest, marital rape, same sex rape and sexual harassment...No matter how long ago the incident occurred.	(972) 985-0951 (24 hour crisis line)

<b>Issue</b>	<b>Agency</b>	<b>What They Do</b>	<b>Phone</b>
<b>Child Abuse</b>	<b>CASA of Collin County</b>	Provide trained community volunteers to advocate the best interests of abused and neglected children involved in the court system.	(972) 529-CASA (2272)
	<b>Collin County Children's Advocacy Center</b>	CCCAC's vision is to provide Collin County all resources necessary to meet the future needs of our community's abused and neglected children.	(972) 633-6600