

## MY DOMESTIC ABUSE SAFETY PLAN

This plan helps me think about practical steps I can take to stay safer if someone becomes violent or abusive towards me.

I can complete this plan on my own or with a trusted professional.

I will keep this plan somewhere safe where the abuser cannot find it, for example:

- With a trusted person
  - At work
  - In a password protected phone or email
  - In another safe place outside the home
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### 1. If Violence Starts

If the abuser becomes threatening or violent, my first aim is to get to safety as quickly as possible.

If it is safe to do so, I will:

- Move towards the nearest exit
- Leave the home immediately
- Take my children with me if it is safe
- Take my phone and keys only if they are within reach

My safety is more important than taking belongings.

If I cannot leave the home, I will try to move to the safest place possible.

A safer room should:

- Be close to an exit
- Have space to move
- Have a door that opens easily
- Have a window if possible

I will try to avoid places where I could be trapped or where objects could be used to harm me, such as:

- Kitchen
- Bathroom
- Garage or workshop
- Small rooms without exits

Safer places in my home may include:

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## 2. Leaving The Home Quickly

If I need to leave quickly, I will:

- Leave through the closest safe exit
- Go somewhere where other people are present

The safest ways to leave my home are:

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Transport options I may use to get away:

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## 3. Safe Places I Can Go

If I leave the home, I will go somewhere safe where other people are present.

Possible places include:

- A neighbour's home
- A nearby shop or café
- A public building
- A police station
- A friend or family member's home

Safe places I can go:

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If I cannot return home, I may stay with:

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## 4. Getting Help

If it is safe to use my phone, I will call the emergency number in my country.

Emergency number (for example 999, 112, or 911):

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If I cannot call, I will try to:

- Knock on a neighbour's door
- Go to a busy public place
- Ask someone nearby to call for help

Trusted neighbours or others who know about my situation:

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## 5. People Who Can Help Me

People I trust who may help me in an emergency:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

If it is not safe to say that I need help, I may send a pre agreed message that means I am in danger.

Example messages may include:

- “Can you call me?” - meaning “Please call emergency services for me.”
- “Can I come over today?” - meaning “I need help or a safe place to go.”

People who understand this message:

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## 6. Planning With Children

Children should never try to stop violence.

If possible, I will teach my children to:

- Leave the room or house if violence starts
- Go to a neighbour or safe place
- Call emergency services if they are able

Children and I may agree a code word that means they should leave and go to the safe place immediately or call emergency services.

Code word:

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Safe place children can go:

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Trusted adult children can go to:

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## 7. Preparing In Case I Need To Leave

If it is safe, I may prepare a small bag so I can leave quickly.

Items may include:

- Identification documents
- Birth certificates
- Passports

- Money or bank card
- Medication
- Phone charger
- Spare keys
- Important phone numbers
- Clothes for me and my children

I may keep this bag:

- Hidden in my home
- With a trusted person
- At work
- In another safe place outside the home

Where the bag is kept:

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## **8. Phone And Online Safety**

The abuser may try to monitor my phone or online activity.

To increase safety I may:

- Change passwords
  - Turn off location sharing
  - Log out of shared accounts
  - Delete browsing history
  - Check my phone for tracking or monitoring apps
  - Use a different phone or device if needed
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## **9. Safety If I Am No Longer Living With The Abuser**

If I am not living with the abuser, I may increase safety by:

- Changing locks if possible
- Informing trusted neighbours
- Changing daily routines
- Blocking phone numbers or online accounts
- Asking others to screen calls or messages

Other steps I may take:

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## **10. Support**

Experiencing abuse can affect emotional wellbeing.

Support services, trusted people, or professionals I can contact include:

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### **Important**

Abuse is never my fault.

My safety matters.

I can review and update this safety plan whenever my situation changes.

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

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