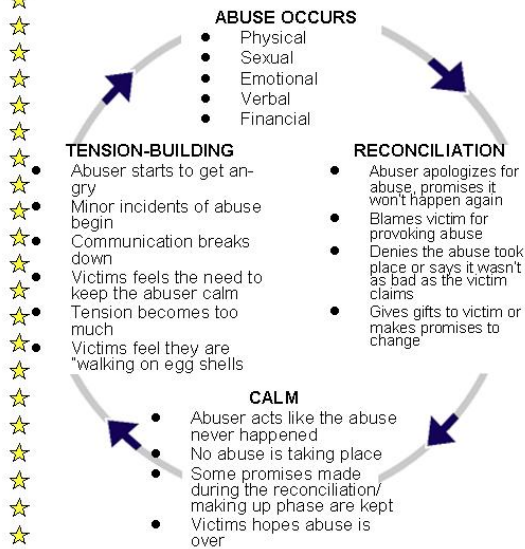


Safety Plan for Survivors of Abuse



Cycle of Abuse

This shows how the behaviors of the abuser become a pattern made up of four stages:

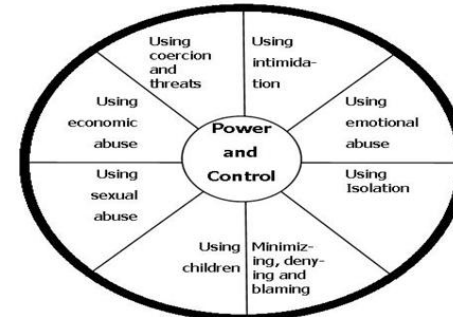


WARNING SIGNS:

- Explosive Temper
- Constant criticizing, and put-downs
- Breaks and throws objects when angry
- Controlling and isolating you from friends, family, work or school
 - Blames you for abuse
 - Extreme jealousy
- Threats or abuse of self, kids, pets
 - Weapons in the home

Safety During A Crisis Incident

- If an argument seems unavoidable, move to a room with easy access to an exit—not a bathroom, kitchen, or anywhere with weapons.
- Identify the quickest way out of the home and practice the routes. Have an alternative plan if first route is blocked
- Have a bag packed and ready, keep in a safe place
- Keep extra money in a safe place that you can access quickly
- Leave your keys where you can grab them easily...keep an extra set in a hidden place
- Discuss plan with friends/RA's/roommates/family/kids.
- Plan where you can go to stay or call SHARPP for help finding emergency shelter.



Additional Resources

- Police or Fire Emergency: 911
- SHARPP 24-hour hotline: 862-SAFE (7233)
- UNH Security/Escort Service: 862-1427
- UNH Police (non-emergency, only): 862-1427
- Durham Police (non-emergency, only): 868-2324
- UNH Health Services: 862-1530
- UNH Counseling Center: 862-2090

Checklist: WHAT TO TAKE...

- Money, checkbook, bank account numbers, birth certificates (yours/your kids)
- Social Security numbers: his/hers, yours and your kid's
- Pay Stubs (your partners and your own)
- Extra clothing
- Insurance policies, marriage license, last year's tax returns
- Any ownership papers for jointly-owned property (i.e. car, house, etc.) and copy of monthly bills
- Copy of court papers, custody and protective orders, divorce papers, school records
- Address book, house and car keys

PERSONALIZED SAFETY PLAN

SUGGESTIONS FOR INCREASING SAFETY

Creating a safety plan can enable survivors of all forms of abuse to feel ownership of their lives and gain a sense of control during a difficult time. This can be tailored to survivors of sexual assault, stalking, intimate partner abuse and sexual harassment.

This list can help you feel prepared to deal with unsafe or inappropriate situations that may occur. It can assist others in becoming part of your safety plan, such as roommates and friends.

- I will have important phone numbers available (see Additional Resources too):

- I can tell _____ and _____ about the abuse and ask them to call the police if they hear noises coming from my home.
- If I leave home, I can go (list at least 3 places):

- I can leave extra money, car keys, clothes, and copies of documents with: _____
- If I leave, I will bring the items on the checklist (see back side) as well as these items: _____
- I can change the locks, install steel/ metal doors, a security system, smoke detectors, and outside lighting system where I live.
- I will inform _____ and _____ that my partner is no longer with me and ask them to call the police if they see him/her near my home/work/school, or near my kids.
- I will tell my children's daycare or school the names of people who have permission to pick them up. I can give them a copy of any custody/restraining orders.
- I can tell _____ and _____ at work about my situation, give them a picture of my abusive partner, and have _____ screen all of my calls.
- I can avoid stores, banks, and _____ that I used when living with my partner.
- I can obtain a restraining order from _____ court or from the police if it is on the weekend or after court hours. I can keep it with me at all times and give a copy to _____ and _____.
- To ensure safety and independence, I can keep a prepaid phone card with me at all times; open my own savings/ checking account; rehearse my escape route; have a support system of friends/ family/ RA's and RHD/coworkers who care; and review this safety plan regularly.
- **I can call the hotline at SHARPP if I feel sad, scared or confused 24-hours a day at 862-SAFE (7233)**