In The Know

Module 1 | Creating a Safety Plan

The purpose of this worksheet is to help guide you create a safety plan if you or someone you know is in an abusive relationship. If you are not sure you can visit the website Love is Respect at <https://www.loveisrespect.org/is-this-abuse/> or use any of the resources available in the ITK app and website. You can also create a safety plan on their interactive website at <https://www.loveisrespect.org/for-yourself/safety-planning/interactive-safety-plan/>

1. Determine people who you can trust
   1. Who are **peers** you can turn to?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1. Who are **adults** you can turn to?

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1. Determine safe places / resources you can use.
   1. Places you can stay or go to

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* 1. Organizations / community centers / shelters that can help

(use the ITK resource locator to help)

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

1. Plan
   1. Creating ways to **communicat**e
      1. Do you needs a safety “code word” for friends? Create an alternate email? Etc.
   2. Create **boundaries**
      1. Block phone numbers/accounts, etc.
   3. **Document** everything
      1. Screenshot, photograph, record, write down as much as you can
2. Act
   1. Only act when you feel safe. You should not be forced into