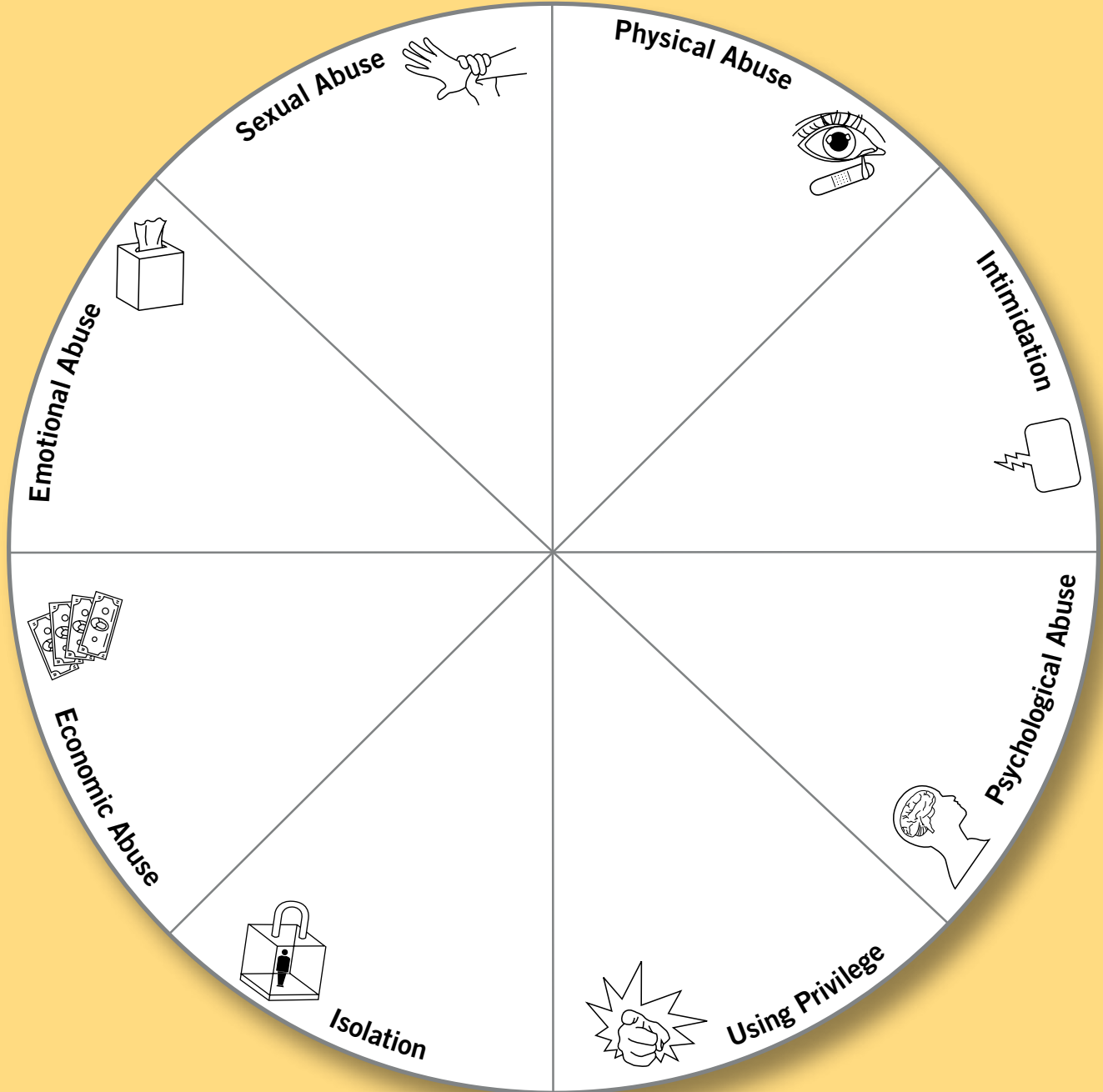




Power and Control Wheel



Safety Strategies Flow Chart (Optional)

Unsafe Situations	Safety Strategies
	

Safety Plan

1

Develop an action plan for the ‘worst case scenario’ (e.g., make a code with neighbors to signal to call the police, program phone to dial 911 or a family member for help).

2

Identify “safe” people for support (e.g., family, friends, neighbors, health care providers, teachers, clergy, counselors, co-workers).

3

Find out about legal rights and options. Identify local resources.

4

Pack a bag with clothes, other essentials and copies of house and car keys in case they are needed quickly.

Safety Plan

5

Put important documents and other valuable items in a safe place, including:

- | | |
|--|--|
| <input type="checkbox"/> Identification | <input type="checkbox"/> Keys to house, car and office |
| <input type="checkbox"/> Birth certificates | <input type="checkbox"/> Driver's license and car registration |
| <input type="checkbox"/> Social security cards | <input type="checkbox"/> Welfare information |
| <input type="checkbox"/> Passports, visa, work permits | <input type="checkbox"/> Divorce papers |
| <input type="checkbox"/> School and medical records | <input type="checkbox"/> Lease, rental agreement, house deed |
| <input type="checkbox"/> Insurance cards and information | <input type="checkbox"/> Address book |
| <input type="checkbox"/> Medication/ prescriptions | <input type="checkbox"/> Jewelry, sentimental items |
| <input type="checkbox"/> Money, bankbooks, credit cards | <input type="checkbox"/> Children's favorite toys and blankets |

6

Attend a support group for people in similar situations.

7

Gather as much information as possible and put together alternatives to your current situation.
