



## Safety Planning: Staying in the Home

Depending on your circumstances, you may choose to continue residing in a shared home with a person who has abused you. Here are a few things to consider for your own safety:

1. Is there a phone accessible at all times? YES or NO
2. Where are the exits in the home?

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3. Are there any weapons in the house? If so, what are they?

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Can you secure or get rid of them? YES or NO

4. Are there any other potential threats or dangers? Consider heavy objects or items that could be repurposed as weapons, rooms that are difficult to exit during a dispute, etc.

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5. What are the safest rooms in the home? Which rooms can you quickly exit?

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6. Could you improve the safety of certain rooms? How so?

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7. In the event of a potentially violent dispute, where will you go? How will you get there?

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8. If you cannot follow through on the above safety plan for some reason, what is an alternative plan?\*

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\* If your safety plans are unavailable, try “last resort” tactics like pretending to faint or have a seizure. This may stop a violent dispute and give you time to regroup and exit.

8. What are your partner’s cues that signal an increased risk of a violent dispute?

a. Physical: Consider changes in your partner’s face (mouth, jaws, eyes), shoulders, and hands when s/he begins to escalate.

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b. Verbal: Consider words or phrases (insults, accusations, etc.) that your partner says.

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c. Behavioral: Consider things your partner does—like changes in tone or volume of voice, body language, and body movement.

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9. What are your cues that signal you are becoming afraid of violent dispute?

a. Physical: Consider shortness of breath, increased heart rate, muscle tension, feeling hot or cold, and tearfulness.

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b. Mental: Consider what thoughts that come into your mind.

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c. Behavioral: Consider how you change your tone or volume of your voice, body language, and body movement.

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10. Have you talked to your child(ren) about staying safe during a violent dispute? If yes, what did you say? If not, how could you bring it up?

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- a. With their input, develop a safety plan that allows your child(ren) to exit the home or stay in safe room during a dispute. Specifically determine which doors to use, where to wait, who to call, etc.
- b. Decide on a code word that would signal to your child(ren) the need to execute the safety plan.  
What is the code word? \_\_\_\_\_
- c. Provide them with contact information for people to call in the event of a dispute. Consider programming contacts into child(ren)'s cell phones using safe names.

Who could they call? \_\_\_\_\_

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Who of these people can you contact in advance to inform them of their involvement in your child(ren)'s safety plan?

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d. Briefly describe your child(ren)'s safety plan:

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11. If you needed to enact your safety plan and find a safe location, who could you call for additional support?

**Personal** (friends, family, neighbors): \_\_\_\_\_

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**Center for Abused Persons:** 301-645-8994 (main line) and 301-645-3336 (24-hour hotline)

**Charles County Sheriff's Office:** 301-932-2222

**Southern Maryland Center for Family Advocacy:** 301-373-4141

**Charles Regional Medical Center:** 301-609-4000

**Emergency Services:** 911