

VAP SAFETY PLAN

To be used by advocates &/or clients to address safety



24/7/hotline 330.376.0040

Today's Date:

INSTRUCTIONS

A safety plan is a tool used to outline the practices and procedures you will utilize to remain safe before, during, and after your encounter with an aggressor. This safety planning document can be used by you and your advocate to brainstorm the different courses of action you may take to keep you and your family safe. While we cannot promise or guarantee safety, it is helpful to have a plan in place. Please review page 2 of this document. You will find several options to include in your plan. Remember, you know your situation best, so your safety plan should be tailored to your specific situation.

SAFETY AT HOME:

SAFETY IN PUBLIC & AT WORK:

SAFETY WITH PROTECTION ORDERS:

SAFETY & EMOTIONAL WELL-BEING:

SAFETY WITH CHILDREN & DURING PREGNANCY:

SAFETY WITH SOCIAL MEDIA & TECHNOLOGY:

IMPORTANT INFORMATION

My Advocate:	VAP's 24/7 Hotline: 330-376-0040
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OPTIONS TO CONSIDER

Safety at Home:

- Stay in touch with trusted family members or friends at a frequency you deem appropriate
- Stay with trusted family members or friends or have them stay with you for added safety and comfort
- Consider emergency shelter & prepare a “Go-bag”
- Utilize a code word, phrase, or letter with family and friends to alert them to danger
- Change locks; reinforce and keep doors and windows locked; add cameras/motion-detecting lights; request check & patrol from your local police department
- Note exits & potential escape routes
- Notify neighbors of the situation
- Consider relocation

Safety in Public & at Work:

- Make as many individuals aware of your whereabouts as possible
- Be aware of surroundings; walk with others to and from your car/ask for a security escort
- Alert colleagues and/or your supervisor of the situation
- If your routine is known, or is frequent, try to change your driving route, and times you travel
- Keep copies of your Protection Order on you & at work

Safety with Civil Protection Orders:

- Know that filing for a protection order may not be the best option for your specific circumstance. Keep evidence and documentation regardless
- Reach out to our Domestic Relations Court Advocates at 330-849-5324 for help filing
- Consider who could watch your children while you file. They can be watched at our Children Who Witness Violence Drop-In Center on the 3rd floor of the Summit County Courthouse
- Create a plan regarding what you will do before and after the aggressor is served

Safety & Emotional Well-Being:

- Consider grounding techniques and activities to do if you are feeling anxious
- Obtain crisis lines & mental health resources; identify safe people you can talk to

Safety with Children & During Pregnancy:

- Speak with your medical provider and obtain referrals; identify trusted people to help with doctor’s appointments/emergencies during pregnancy
- Utilize a code word or phrase with your child, so they know when to hide, call 911, or both
- Identify safe individuals your child can call if they are not safe
- Obtain mental health resources for your child

Safety with Social Media & Technology:

- Make all social media accounts private and change passwords;
- Do not share location, and turn location off
- Report online harassment from aggressor to law enforcement
- If you have an iPhone, set up your medical ID/emergency contacts in the health app. Emergency contacts will notified of your location if your request emergency services.
- Block third party trackers to prevent browsers from tracking your online history
- Clear your search history and clear your cache
- Enable MFA (Multi Factor Authentication) on all apps and accounts including social media