

## Assault/Abuse Survivor Safety Plan Template

{ a template for people who will be near or interacting with their abuser }

### Emotional Safety

*Things to consider: medications, substance use, buddy system*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Physical Safety

*Things to consider: safe spaces, code words, knowing when to leave*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Emergency Plan

*Things to consider: My 3 app, support system, therapist, hotlines, hospital, 9-1-1 plan*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_