

# SAFE PLANNING GUIDE

EVERY DAY GIRL ABUSE RECOVERY COACH



A STEP BY STEP GUIDE TO LEAVING SAFELY

**DISCOVER** tips to keep  
you safe while you are  
planning to leave.

**LEARN** how to  
advocate for yourself  
and your family while  
you are in transition.

**FIND** resources to help  
you keep yourself and  
your children safe.

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## Believe in Yourself



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# A NOTE FROM THE AUTHOR

**WELCOME MY FRIEND.**

**Thanks for downloading this guide.**

I hope it helps give you some peace as you make decisions for yourself and your family.

**Here are a few things about me:**

**Coach:** My job is to guide you to make the very best decisions for your life, according to your goals.

I am a non-judgemental sounding board, a terrific cheerleader, and a kick-in-the-pants accountability partner.

I am not a Lawyer, Therapist, Doctor, or Psychologist.

I make recommendations and suggestions from best practices that I have seen in my 30+ years as an advocate for victims and survivors.

**Survivor: I have been where you are.** I

have overcome emotional, sexual, financial, physical, psychological, and narcissistic abuse in my life. It has been a long road to healing;

I hope my experience and tools can help you get safe sooner rather than later.

**MOM:** The most important job of my life has been a mom and keeping my kiddos safe.



**Coach Kellie**

**CEO and Founder of**

**Every Day Girl Abuse Recovery Coach**

\*Thanks to the Nashville Metro Police & Domestic Violence Division for permission to share some of their content.

# WHY A SAFETY PLAN?

## People who abuse others like power and control.

If your abuser knows you want to leave, it can create anger. Statistically, separating from an abuser is the most dangerous time.

It is essential to take extra care during this time. Creating a Safety Plan is an excellent way to lower your risk of being hurt by your partner when you decide to leave. The plan can also help you think through different scenarios to choose the safest way out.

## A Safety Plan Helps:

- Name your support people
- List resources
- Identifies safe places to go
- Plan for what essentials to get ready
- Help with valuable coping skills
- Ensure the slightest upset for your children
- Lowers the chance of being hurt when you leave
- Memorized the phone number of someone safe

This safety plan is for you to read and helps you ask questions to help you design strategies to keep you safe. But there is a digital plan on the National Domestic Violence website at [www.thehotline.org](http://www.thehotline.org).

I encourage you to use whichever feels more comfortable and safe for you.





# STEP ONE

*You and your children deserve a safe and healthy place to call home.*

1

**There are few needs more fundamental than the need for safety.**

If you are currently in an abusive relationship, here are a few things you should know.

1. **Not all abuse is physical.** Emotional, psychological, financial, or medical abuse can cause you to feel confused, unstable, or neglected in your relationship.
2. **Help is available anywhere in the world.** There are resources and people available 24/7 to help you.
3. **Leaving doesn't have to be the only option** or done all in one day. **That's where this plan comes in.** Keep reading to see how creating an outline is one of the safest ways to protect yourself.

STEP 1

STEP 2

STEP 3



## STEP ONE:

If you are in an abusive relationship and aren't sure yet that you want/need to leave, here are some tips.

### Things to plan:

- Make sure that you and your children have **easy access** to emergency phone numbers: Police, Family, Friends, Neighbors, 911, Domestic Violence Hotline, Local shelter (they may provide a ride if necessary).
- Have a **code word** if you or your children need help. You can use it as a signal to call for assistance.
- Teach your children to dial 911 if they hear the Safe Word from you.
- Make sure **TRUSTED** family, neighbors, and friends know the word as well.
- Have **escape plans** out of your house. Practice them with your kids.
- **Know safe places in your home that have exits and no weapons.** If you think abuse will occur, try to get your abuser to a safer part of the home.
- Think of ways to get any weapons **out of your house.**
- Make sure you have several places **(5-7)** in mind where you could go to safety.
- Vary your schedule.
- Take the trash out, go for a walk, get out of the house if tension increases.
- Pack emergency supplies in your car?
- **Make a backpack** that you keep in an easy-to-grab spot.
- Ensure that you always have a bag of **items you may need** in an emergency.
- Make sure your safety plan is **always up to date.**
- Keep a copy of your plan with a very private and **trusted** friend or family member.
- Keep a copy of your **Safety Plan at your work** if you can.

# STEP TWO

*When you decide to leave, there are many resources available to you. Here are some things you should consider first.*

2

**Leaving can be the most vulnerable time and also the most dangerous.**

1. **Even non-physical abusers can become violent** if they believe you are leaving them.
2. **It's important to stay neutral** (try to keep your composure) during the planning stage. That would be great if you could put a little distance between you and your abuser. Stay busy.
3. **Do not discuss your plans for departure.** Only essential people must know your goals. Be very careful about whom you share this information. Your dreams of freedom can be foiled even by your closest friends.

STEP 1

STEP 2

STEP 3



## STEP TWO:

**Abusers love power and control.** When they feel threatened, they can become angry, fearful, and resentful. It is **essential** during this phase to pay attention to your safety.

**Just as you can sense the slight shifts** in the abuser's behavior when they are upset, **the abuser can also tell small shifts in your behavior.** It is a dangerous dance.

**Here are some strategies to help:**

- **Learn to Grey Rock:** Be present but keep emotions to a minimum. Please don't show your feelings to the abuser or react in inflamed ways to his actions; this is to buy you time to get your home in order.
- Have a mental list of **5-7 places** you can go when you leave.
- Create a list of **TRUSTED** friends or family that will be available should you need help when you leave.
- Think of people who may keep an **emergency backpack** for you at their house or take one to work.
- List people who can help you with **financial resources.**
- **Make a plan for your pets.**
- Get a **prepaid cell phone** if you can, so your calls can't be monitored after you leave.
- Make sure you have a **new bank acct/credit card in your name only.**
- Try to get out of the house more frequently as you are getting ready to leave. (taking walks, grocery shopping, staying busy). **Practice how you will leave the house.**
- Think of ways to take the children with you if you can do it **safely**
- There may be times when taking your children with you may not be possible. **It is crucial for you to find safety to ensure your children have a safe home.**
- Put together a bag of everyday items you use, create duplicates to put in your **"Go Bag."**
- Use the **List on page 11** as a starting point for gathering things.



# STEP THREE

## 3

*If you have left your abuser and are on your own, there are still good reasons to develop a safety plan.*

**Being on your own can feel scary at first; it can also be gratifying and peaceful.**

1. Find, develop or rekindle **meaningful relationships** with family and friends that are **trustworthy**.
2. Make sure you stay within your financial budget for living. **There are many resources** to help with food, medical, etc. Being successful in this brings a great sense of accomplishment.
3. **Seek help** for any negative coping mechanisms. If you have addictions that need attention, now is your time to take care of yourself and start afresh clean life that you can fill with **joy and happiness**.

STEP 1

STEP 2

STEP 3



## STEP THREE:

**Now that you have gotten out safely** and are on your own, it doesn't mean you can let down your guard. **It is vital to plan for safe words and strategies** that you can use if your abuser should resurface or find you.

In some cases (especially with children), you **may have to have minimal contact** with your former partner. **When courts decide visitation**, they often don't understand the hurtful dynamics this can cause. It can be **very frightening**, which may be why women don't leave the first time abuse happens.

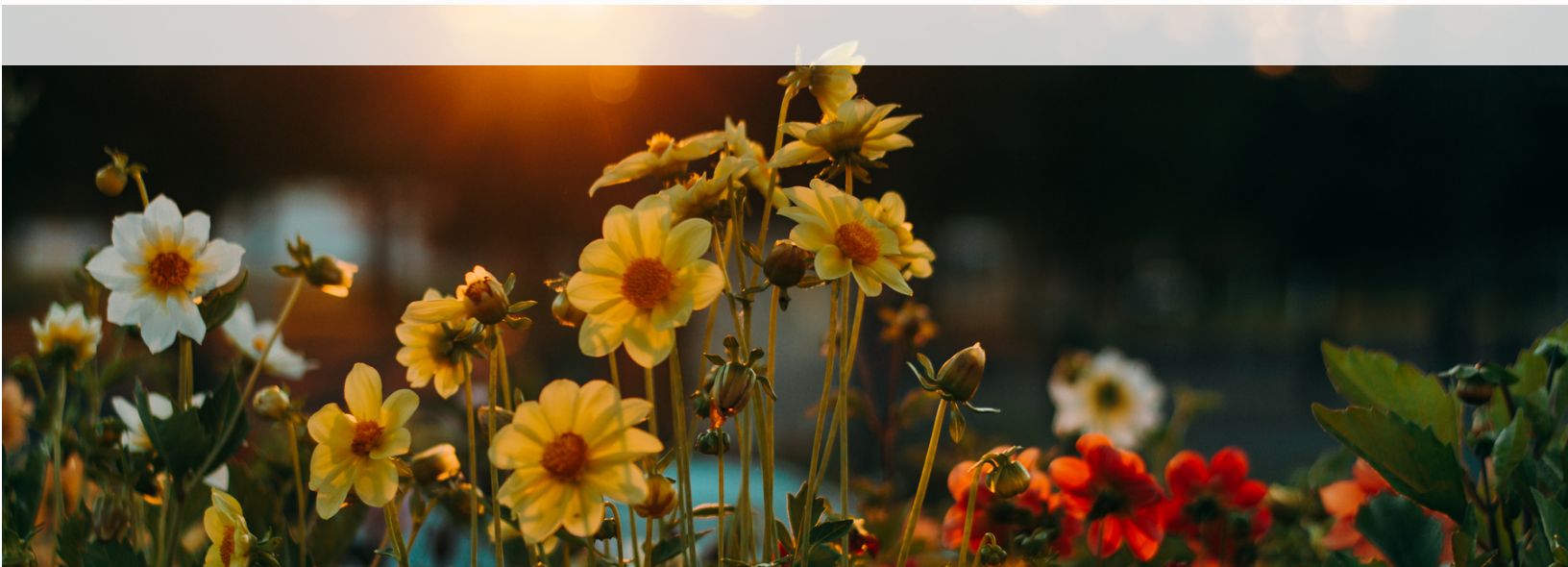
### Let's plan for the best outcome:

- **Create** a safe family word to say if anyone requires serious help. Use when you feel in danger.
- **Find therapy and coaching** to help with trauma, loneliness, anxiety, and depression.
- **Learn to ask for help**
- Find a program that can teach you strategies for **healthy living** and **self-care** techniques to help you cope.
- Get connected to the **local shelter**, so they know where you are and can help you with **resources**.
- **Sign up** for help with medical insurance, possible programs for utility help, or rent/mortgage help.
- Get your kids signed up and in school with a **safety plan in place** with the school.
- **Carry a whistle** if you get approached by your former abuser.
- If you have resources and can care for a pet, getting a dog (noisemaker) can be a **significant deterrent** to someone coming close to your home
- Ensure you have an **Order for Protection** in place and keep it updated.
- If your children are old enough, a **cell phone** that they can use to have direct contact with you during visitations can be helpful.
- **Get your children in therapy**, if you can, to help them process separation and communication.
- Make sure to **spend time with family and friends** to help support your mental health.

## ITEMS TO TAKE

- Keys: House, Car, Work, Safe, Bank Depository, Mailbox
- Clothes: You and your children
- Money: Cash, Credit Cards, Checkbook, Saving account Info.
- Disability Paperwork
- Medicare Cards
- Household Papers: Mortgage, Unpaid Bills, Insurance
- Lease or Rental Agreements
- Address book
- Birth Certificates
- Social Security Cards
- Driver's License
- Passports
- Immigration Paperwork: Green Cards, Work Permits
- Medical ID Cards
- State Insurance
- Pharmacy or Medication Cards
- Medical Records
- School Records
- Medicine
- Divorce Papers
- Custody Agreements
- Orders for Protection
- Pictures
- Jewelry
- Sentimental Items
- Items That May Get Destroyed
- Items to Help Your Children Stay Comfortable: Blankets, Favorite Toys
- Formula, Snacks
- Diapers
- Pets, Food, Medicine...if you can

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## ONGOING SUPPORT

The decision to leave is difficult; I can understand that. If it weren't, more women would escape than do. There are so many reasons to stay and not rock the boat. But we know that violence usually increases in frequency and severity, which means that today is the best day to start planning.

I am here every day, every step of the way with you. You do not have to go through this alone. Making decisions about leaving, having an exit plan and a safety plan is essential to plan and keep everyone safe and secure during volatile times.

After you have decided to leave, Every Day Girl Abuse Recovery has a One-Step Academy program to help walk you through getting settled in your new life as an independent woman. We teach and empower you to live a life filled with purpose and joy.

Please click on the Facebook link below and go to our Every Day Girl Community. Please introduce yourself and join us as we serve each other with support and help with resources for independent living.

National DV Hotline



### FREEDOM CONSULTATION 60-MINUTE (FREE)

**[Click Here to Schedule](#)**

Our Freedom Consultation is a deep dive conversation with Coach Kellie. We will discuss where you are in your current situation now, what you would like to have to happen and what steps we could help you with to plan for the next steps.

This is a free service and can be very helpful in creating your safety plan and also in receiving advocate support.

**[>> www.everydaygirl.com](http://www.everydaygirl.com)**



**Freedom means the  
opportunity to be what  
we never thought we  
would be.**

DANIEL J. BOORSTIN