

My personal safety plan

1. In case of an emergency, I can do the following

Escaping

- If I see violent confrontations coming, I stay near the phone or leave the flat.
- If I decide to leave, I will _____. (Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)
- I can keep my money and car keys ready and put them _____ (place) in order to leave quickly.
- I have the emergency number and other important numbers (e.g., local police station, women's shelter, women's counselling centre, number of a trusted person) stored in my phone/mobile phone.
- If I have to flee, I go to a trusted person, namely to: _____
I have arranged this with them beforehand. I can also go to the women's shelter, the telephone number is: _____.
- I use the following code word, which I have agreed with my children beforehand, so that they know we are leaving the flat: _____.

Getting help

- I call the police under the number 110.
- If I cannot speak openly on the phone, I use the following previously agreed code word so that the person I trust knows to call the police or understands that I am coming to them:

- I can talk to my neighbours _____ about my situation and ask them to call the police if they hear something or notice something suspicious.
- I get my own mobile phone for emergencies.
- I show my children how to get help by phone/mobile in an emergency. I make sure they can then pass on the address.
- If I hide inside the home, I know which rooms are lockable. I know which rooms I can get help in through the window or by phone/mobile.

2. I plan my escape

- I discuss my safety plan with this trusted person: _____
- I involve my children to some extent.
- I open my own bank account with my own bank card/credit card. I deposit the documents with my trusted person.
- I pack an "emergency bag". I take this to my trusted person, who keeps it and brings it to me if I need it.
- I make copies of all important documents (see "emergency bag"), which I leave with my trusted person.

"Emergency bag"

Original or copy of the following documents or papers:

- Identity card/passport and children's identity card(s)
- Proof of citizenship, if applicable
- Your own birth certificate and those of your children, marriage certificate
- Documents of the right of unlimited residence
- Health insurance card, medical certificates, social security card
- Rental agreement, insurance contracts (e.g., building loan agreement, life and liability insurance)
- Employment contract, income tax card, school and work certificates
- Pension, social security and employment office notices
- If applicable divorce decree, custody decree from previous marriage
- Bank documents, savings books, securities/stocks (copies)
- If possible, a statement of the spouse's current salary (important for the job centre)
- If applicable driving licence, vehicle documents

Essentials for a few days:

- Clothes, toiletries, school supplies, favourite toys
- Medication, spare glasses

Other items:

- Money
- Keys for apartment/car
- Jewellery
- Address book
- Memories: Diaries, photos and loved items
- Further items: _____

3. Security at home and at work after the separation

- I change door locks and install security locks.
- I avoid these places where my partner suspects or looks for me: _____
_____.
- I arrange with the staff who is allowed to pick up my children from kindergarten and school.
- I change the telephone/cell phone number.
- In case of imminent danger in public, on the way to work, kindergarten, etc., I do the following: I apply to the relevant district court for a restraining order (civil protection order). I always carry this court order with me.

4. I take care of myself

- I contact a lawyer who can support me, namely: _____
- If I feel bad or think about going back into a dangerous situation, I contact the following person: _____.
- The number is: _____.

The "Separation Safety Plan" of the Metropolitan Nashville Police Department provided the basis of this safety plan. It was translated by Angelika May. It was revised and updated by Psychologische Frauenberatung e. V., Bielefeld (as of October 2021).