



Hope & Healing General Safety Plan



What is a Safety Plan?

Safety plans are designed to provide a survivor with a concise resource for how to remain safe in a variety of ways. This is in no way a guarantee of safety but a precaution to help prevent future incidents and to offer the survivor peace of mind. This safety plan is meant to be catered to a survivor's specific situation. The survivor may brainstorm what to put on the safety plan with staff, family, or people they cohabitate with.

Law Enforcement

Law enforcement is an important resource when one's safety is in question. Examples of ways to utilize law enforcement for safety include alerting local authorities of the situation and listening to any recommendations they may have, obtaining a protection order, and having emergency phone numbers programmed into a cell phone.

Below are some ways I can utilize law enforcement for my safety:

- _____
- _____
- _____

Residential Security

A survivor's home should be a safe space to retreat to for peace and comfort. Examples of ways to increase residential security include security alarms, alerting family members and or neighbors to be mindful of strange vehicles or individuals around the home, and creating an evacuation plan.

Below are some ways I can increase my residential security:

- _____
- _____
- _____

Workplace Security

A survivor's work place should be a safe space for them to earn money and pursue a career. Examples of ways to increase workplace security include being accompanied while entering or exiting the building and alerting co-workers to any vehicles or individuals that may raise concerns.

Below are some ways I can increase my workplace security:

- _____
- _____
- _____

Personal Security

A survivor's personal information and space should always be safe and free from any intrusion. Examples of ways to increase personal security include utilizing the Safe at Home program to make addresses private, ensuring one's name does not appear on packages to the home, and recording a log of any vandalism, harassment, or stalking activities.

Below are some ways I can increase my personal security:

- _____
- _____
- _____

Electronic Security

A survivor's phone and social media accounts can be used as a way to keep track of his/her movements. Examples of ways to protect your information may include putting a password on your cell phone, changing your e-mail password, changing your social media account passwords, and not logging onto social media with Wi-Fi or sharing your location on social media.

Below are some ways I can increase my electronic security:

- _____
- _____
- _____

Resource Numbers

- 911
- Police Non-Emergency
 - Local PD Name _____
 - Local PD Phone _____
- RCC/BWS Hotline
 - RCC: (330) 434-7273 OR (877) 906-7273
 - BWS: Medina-(877) 414-1344 OR Summit-(888) 395-4357
- Friends and Family
 - _____
 - _____
 - _____
- Other
 - _____
 - _____
 - _____