

## Personal Strengths & Assets

How can you use your own skills or abilities to prevent, recognize, or get away from abuse?

- Calendar to keep track of anything you think might be abuse or doesn't feel quite right
- Know where/when you feel safe or do not feel safe
- Have a Personal Safety Plan in place

How can you use technology to help you prevent, recognize , or get away from abuse?

- Safety Awareness Circle
- Medical alert device
- Hidden cell phone on mute with emergency numbers on speed dial
- Cell phone company prearranged 911 location trace
- Security systems
- Motion detector cameras

## Plan for Safety from Abuse

How can family, friends, and others you trust, help you prevent, recognize, or get away from abuse?

- Trusted family, friends, neighbors, acquaintances who:
  - can provide information in a crisis
  - you could stay with if feeling unsafe at home
  - keep money, spare keys, extra clothes, or important papers for you
- Familiar staff or people at local stores, restaurants, etc.
- Code word to use to alert trusted family/friends/etc if help is needed

What places, people, or resources in the community could help you prevent, recognize, or get away from abuse?

- Identify "safe places" in community
- Community domestic violence programs
- Post office box to receive private mail
- Local emergency responders

How could you use services or resources you are eligible for to help you prevent, recognize, or get away from abuse?

- Case workers
- Trusted support staff
- Trusted person in safety planning process
- Domestic violence/sexual assault hotlines

**Eligibility Specific** 

Community Based

