



SPOUSE ABUSE

Safety Plan

1. How to predict that violence is imminent.
2. How to physically leave the situation (i.e., identification and rehearsal of an exit route).
3. Exploration of whether safety is best provided by a brief or more lengthy departure.
4. Preparation of a safety kit that includes items necessary for survival upon departure (e.g., clothing, medication, money, car keys) to be kept near the exit route.
5. Arrangements for shelter, lodging, or friends who will provide a safe haven (in all instances, the shelter arrangements should be made so that the batterer will not know of the woman's whereabouts).

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