

Personal Safety Planning Checklist

A private worksheet for thinking through safer next steps. Complete only when it is safe to do so. Leave blank anything that could create risk if discovered.

Before you begin

This worksheet is not an emergency service, threat assessment, legal plan, or substitute for an advocate. If someone is in immediate danger, call local emergency services. A hotline or qualified local professional can help adapt a plan to your situation.

■ I am using a device, account, and place that feel reasonably safe.

A monitored device, browser history, downloads folder, email account, or phone bill may reveal activity. A safer device may be a trusted person's device or a public computer, if appropriate.

■ I know who I can contact if the situation changes.

Name, number, and a way to reach them: _____

■ I know where I could go for a short period if I needed to leave.

Place, transportation, and any accessibility or child needs: _____

People, places, and communication

■ Choose one trusted person and a simple check-in plan.

What will they do if you miss a check-in? _____

■ Create a code word or short phrase for requesting help.

Code word: _____ Who knows it: _____

■ Plan how to communicate about children without placing them in the middle.

Use adult-to-adult channels and avoid asking a child to carry messages or keep secrets.

■ Review location sharing, account access, and device settings when it is safe.

Consider shared passwords, cloud accounts, family plans, location services, and connected devices.

Documents and practical needs

■ Secure copies of important documents if it is safe and lawful to do so.

Identification, medication information, school or care contacts, court orders, insurance, and financial information.

■ Plan medication, mobility, food, transportation, and pet needs.

What needs to travel with you? _____

■ Keep evidence only in a way that does not increase danger.

Do not confront someone to obtain proof. Ask an attorney or advocate about lawful preservation and secure storage.

Professional support

■ I have identified the right kind of support for the immediate question.

Emergency services, domestic-violence advocate, child-abuse hotline, mental-health crisis counselor, sexual-assault advocate, attorney, or clinician may serve different roles.

■ I have written down the question I want to ask.

My question: _____

Resource starting points

911 or local emergency services: immediate danger or urgent medical response. **988:** call, text, or chat for mental-health or suicide-related crisis support in the United States. **National Domestic Violence Hotline:** 1-800-799-7233 or text START to 88788. **Childhelp:** call or text 1-800-422-4453. **RAINN:** 1-800-656-HOPE, online chat, or text HOPE to 64673. Confirm current options at the official websites before relying on a channel.

Official links: thehotline.org | childhelphotline.org | 988lifeline.org | rainn.org

Notes: _____
