

MY PERSONAL SAFETY PLAN



With Children



Children are impacted by domestic violence even if they are not in the room when it happens. It is important to talk about safety with your children and think about safety while you parent them.

While Co-Parenting

Apps I can download to limit communication with other parent:

1. Our Family Wizard
2. Talking Parent
3. Custody X Change
4. WeParent

Ways I can increase safety during custody exchanges:

1. Meet in a public and well-lit location
2. Document all communication
3. Share location with friend
4. Use an agreed upon third party

Things to think about when creating a parenting plan:

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|-------------------------------------|--|
| 1. Strict times and days | 7. Vacation decisions |
| 2. Specific limits to phone contact | 8. Holidays/school breaks |
| 3. Communication decisions | 9. Extra-curricular activities |
| 4. Educational decisions | 10. Relocation/moving out-of-state |
| 5. Childcare decisions | 11. Non-disparagement/"No bad-talking" clause |
| 6. Medical decisions | 12. Transportation/details of custody exchange |

Parenting plans are made in Juvenile Court.

Emotional Safety Planning for Families

Address the Abuse

This teaches them that abuse is not normal. What are feelings or thoughts that come to mind when you think about having this talk?

Encourage Playfulness

This reminds them that it is okay to act like kids. What are some games and activities that your children love?

Create a Family Tradition

This gives them something to look forward to. What are some repeated activities that you can do with your children?

Things I can say to support my children:

1. "The abuse is never your fault."
2. "It's okay to be scared/mad/sad/etc."
3. "The abuse is not okay."
4. "It's not your job to fix it."
5. _____

People I can tell so they can help support my children:

1. School counselor/teacher
2. Trusted neighbor
3. Family member or close friend
4. Activity coach/leader
5. _____

Things I can practice with my children:

1. How to dial 911
2. Memorizing home addresses
3. Family code word: _____
4. Escape routes

Things I can make sure my children know:

1. Safe place inside each home
2. Safe place outside of each home
3. Safe adult #1: _____
4. Safe adult #2: _____

Activities I can connect my children with:

1. Counseling
2. Support groups
3. Afterschool/weekend activities
4. Afterschool care
5. _____

Things I can use to cue my children to leave the room:

1. Favorite/special song
2. Code word
3. TV show/movie
4. Specific game
5. _____

Important Phone Numbers

Emergency

911

Non-Emergency

(615) 862-8600

MNPD Domestic Violence Division

(615) 880-3000

YWCA 24/7 hotline + shelter

1-800-334-4628

Morning Star Sanctuary 24/7 hotline + shelter

(615) 860-0003

Liaison

Family Safety Center

(615) 880-1100

Jean Crowe Advocacy Center

(615) 862-4767

MNPD Youth Services Unit

(615) 862-7417

Juvenile Court

(615) 862-8000

DCS Hotline

1 (877) 237-0004

DCS Professional
