



Metropolitan Police Department Domestic Violence Unit Safety Plan



Safety at Work and in Public

- I can tell _____ at work about my situation and ask _____ to screen my calls. I can give my abuser's photograph to security.
- I can devise a safety plan for when I leave work. I can have _____ escort me to my car and wait with me until I am safely en route.
- I can use a variety of different routes to go home.
- I can request that my work hours and office location be changed.
- I can move my desk to a place where I can see anyone entering the room and where no one can come up behind me.
- I can change my phone number and extension.
- I can register my CPO with security.
- I can ask my employer to get a restraining order against my batterer in addition to my own.