



Creating Your Safety Plan

A safety plan is a personalized tool to help you prepare for situations that feel frightening or overwhelming. Use these prompts to identify supportive people, resources, and steps that can help increase your safety. Your plan can change as your needs and circumstances change.

- **Be aware of your surroundings**
 - Pay attention to who and what is around you at home, work, and in public. Notice exits when you enter a building and try to limit distractions, like being on your phone, if you're in a place where you feel uneasy.
- **Trust your judgment**
 - If something doesn't feel right, trust that feeling. You have the right to leave a situation, change your plans, or ask for help. Your safety is more important than being polite or avoiding awkwardness.
- **Talk to someone you trust**
 - You don't have to handle this alone. Share your concerns with someone you trust—a friend, family member, neighbor, or advocate. Letting someone know what's happening can help you feel supported and safer.
- **Lock doors and windows**
 - Make it a habit to lock all doors and windows at home and in your vehicle. Even when you're home, keeping entry points secured adds another layer of protection.
- **Keep your cell phone charged**
 - Keep your phone charged and with you whenever possible. Consider carrying a charger or backup battery so you can call for help or reach someone you trust if needed.
- **Keep your car filled with gas**
 - Try to keep at least half a tank of gas in your vehicle. This can help you leave quickly and avoid being stranded if you need to go somewhere safe.
- **Lock your vehicle doors as soon as you get in and when you get out**
 - Lock your car doors immediately after getting in and again when you leave the vehicle. Building this habit can reduce your risk in parking lots, driveways, and other public places.
- **Have a safe place to stay**
 - Think ahead about where you could go if you needed to leave quickly. This might be a trusted friend or family member's home or a shelter. Having a plan can make it easier to act if you need to.
- **Know your escape route**
 - Identify ways to leave your home or other places safely. Know where the exits are, keep your keys in an accessible place, and think about how you would leave with children or pets if necessary.

You Don't Have to Navigate This Alone

If you are in immediate danger or feel unsafe, call 911 or go to a safe location if you can. If you need someone to talk through what is happening or help you explore your options, support is available.

Victim Services offers free, confidential support to victims of crime. You can reach an advocate at (218) 828-9518 or info@crimevictimservices.net. We are here to listen, help you understand your options, and support you in taking the next step that feels right for you.