

What Happens Next: Safety Planning

An After-Abuse Easy Reader for Missourians with Disabilities



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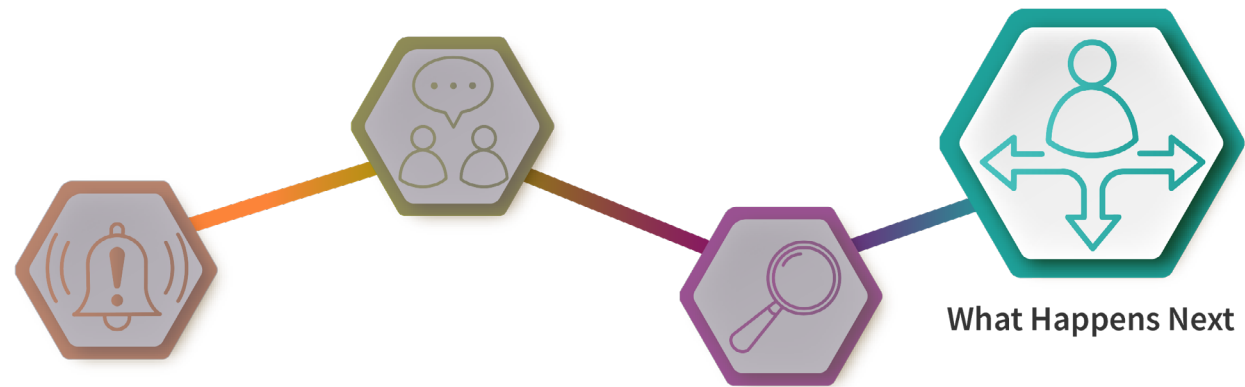
What is This and Who is it for?

This Easy Reader is one in a series of four booklets.

They are meant to help you learn about what happens after abuse.

This Easy Reader, **What Happens Next: Safety Planning**, is to help you think about how to keep from being abused again.

It will help you make a plan to keep yourself safe.



Using This Easy Reader



Easy Readers use words and pictures to help you understand what you need to know.



You might be able to read this booklet by yourself.



You can also ask someone to read it with you.

What Happens Now?



You told someone about how you were abused.



A report was made and information was gathered about your abuse case.



What can you do while you wait for the result of your case?

Why Do a Safety Plan?



One thing you can do is make a safety plan.



Having a safety plan can help you feel safer.



Finding ways to feel safe can be an important step in your healing.

What is a Safety Plan?



A safety plan is about coming up with ideas for you to stay safe and know what to do when you don't feel safe.



You can think about steps to take if you feel like you might be hurt again.



It can reduce your risk of being abused again.

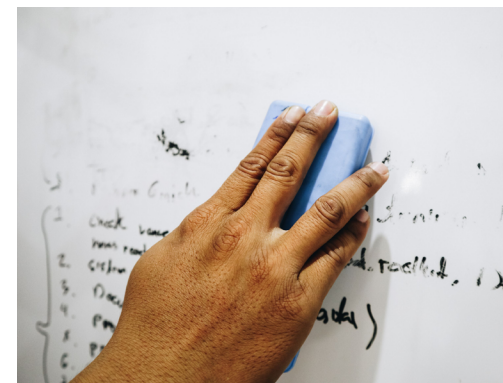
What is in a Safety Plan?



A safety plan is where you can write down and keep track of ideas for staying safe.



You can think about your options and plan action steps.



You can change it as needed.

How Do I Get Started?



Think about people in your life.



Are there family members you are close to?



Do you have friends you can count on?

What Kinds of Things Could Trusted People Do?



You could stay with them for a short time if you feel unsafe.



They could keep things like some money, spare keys, or important papers safe for you.



They could give you information or advice in a crisis.

What is a Code Word?



You could set up a code word with your trusted person to use if you don't feel safe.



This is a word you would only say to them if you were not safe or needed help.



They would know when you say it that they need to do something to help you.

What About Technology?



Keep a charged cell phone with your trusted people's numbers on speed dial.



This could be a hidden cell phone, on mute, that others don't know you have.



You could keep a personal safety alarm on your body or near you.

Include Community Resources



Make a list of safe places you could go in the community, like a public library.



Get a post office box where you can have private mail sent.



Get to know local emergency responders in case you need them later.

Your Services and Paid Reports



Keep the abuse hotline number in a place where you can easily find it.



Tell your case manager any concerns you have about your safety.



They can make changes to your service plan or care provider if needed.

Your Own Knowledge and Skills



You might want to add steps to build your own skills.



You could take a class or watch a webinar to learn more about:

- Preventing abuse
- Setting limits and boundaries with others
- Self-defense
- Advocating for your own safety
- Sexual health and healthy relationships

Make it Your Own



Remember that a safety plan should be based on you and what you need.



This booklet is meant to give you ideas of what you could include in your own safety plan.



You or your trusted allies might have even more ideas for making sure you are safe.

Resources

Police

Call 911 if you are in danger right now or if you think someone broke the law.

Suicide and Crisis Lifeline

Call 988 if you need to talk right away to a mental health counselor about how you're feeling.

Missouri Protection and Advocacy Services (MO P&A)

Offers advocacy, referral, and legal services. If you believe your abuse report was mishandled or have not received a follow-up response call **800-392-8667** or visit moadvocacy.org/Abuse-Neglect.html.

Abuse Awareness and Prevention Guide

This guide is made to be used by a self-advocate and their ally. This guide has tools for safety planning. lifecoursetools.com/lifecourse-library/exploring-the-life-domains/abuse-awareness-and-prevention/

To learn more, check out the other booklets in this series.



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Find more tools and resources at
afterabuseMOguide.com

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