***My Personal Safety Plan***

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| **Safe rooms in the house:** | * *room1*
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| * *room 2*
 |  |
| * *room 3*
 |  |
| * *room 4*
 |  |
| * *room 5*
 |  |

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| **Friends, neighbours/****Professionals, I can talk to:** | *Name* | *Number* |
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| *Safeword/phrase to use if it is unsafe to talk (eg “PPI again!”)* |

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| *My escape route:* |

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| **Things to pack in my emergency bag:** |  |  |
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|  |  |
|  |  |
| **and where to leave it:** |

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| Where can I go in an emergency:: |

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| Other actions that I know will keep me safe: |