



PERSONAL SAFETY PLANNING GUIDE

WASHINGTON COUNTY SHERIFFS OFFICE

VICTIM SERVICES

A Practical Guide for Survivors of Domestic Violence, Stalking, and Abuse



You deserve safety. You deserve respect. You deserve peace.



Welcome: You Are Not Alone

This guide was created for you. You deserve to be safe, respected, and supported. Whether you are planning for safety, thinking about leaving, or have already left, this guide can help you make a plan that works for you.

IMPORTANT

If you are in immediate danger, call 911. Use this guide only when it is safe to do so. Keep it somewhere private or with a trusted person.

HOW TO USE THIS GUIDE	YOUR RIGHTS
☐ Read at your own pace ☐ Use only the pages that fit your situation ☐ Share only what feels safe ☐ Review and update your plan	☐ You have the right to be safe ☐ You have the right to ask for help ☐ You have the right to make your own decisions ☐ What happened is not your fault

Primary Local Contact

Washington County Sheriff Victim Advocate Services
Amie Whipple, Victim Advocate
Phone: 435-656-6505
Email: amie@washeriff.net
Dove Center 24-Hour Helpline: 435-628-0458

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A journey of a thousand miles begins with the first step



Understanding Abuse

Domestic violence is a pattern of behaviors used to gain or maintain power and control over another person. It can happen in dating relationships, marriages, former relationships, or among family members. Abuse is never the victim's fault.

TYPES OF ABUSE	OTHER FORMS OF CONTROL
☐ Physical violence	☐ Financial abuse
☐ Sexual abuse	☐ Technology-facilitated abuse
☐ Threats and intimidation	☐ Isolation
☐ Emotional abuse	☐ Spiritual abuse
☐ Coercive control	☐ Using children or pets
☐ Stalking	☐ Destroying property

REMEMBER

Abuse may not always leave visible injuries. Emotional, financial, sexual, digital, and psychological abuse can be deeply harmful and may increase over time.

Healthy Relationships Include

- ☐ Mutual respect
- ☐ Honest communication
- ☐ Shared decision-making
- ☐ Personal independence
- ☐ Trust and encouragement
- ☐ Healthy boundaries
- ☐ Physical and emotional safety

Warning Signs and Risk Indicators

No check list can predict what will happen. These questions can help you notice patterns and talk with an advocate about your safety and trust your instincts.

HAS THIS PERSON EVER...	OTHER CONCERNS
☐ Threatened to kill you	☐ Monitored your phone
☐ Strangled or choked you	☐ Used GPS or tracking devices
☐ Used or displayed a weapon	☐ Controlled your money
☐ Forced sexual activity	☐ Isolated you from others
☐ Prevented you from leaving	☐ Threatened suicide to control you
☐ Harmed or threatened pets	☐ Destroyed important documents
☐ Threatened children	☐ Stalked or followed you
☐ Violated a protective order	☐ Showed up unexpectedly
☐ Become more violent recently	☐ Accused you of cheating
☐ Made you fear for your life	☐ Controlled medications or care

STRANGULATION

Strangulation can cause serious internal injury even when there are few or no visible marks. Seek urgent medical care after any strangulation and tell the provider exactly what happened.

My ImmediateConcerns



My Personal Safety Plan

Fill in the people, places, and steps that may help you in an emergency. You can complete this page alone or withan advocate.

TRUSTED PEOPLE	IMPORTANT NUMBERS
Name / phone _____	911 Emergency _____
Name / phone _____	Victim Advocate _____
Name / phone _____	Dove Center _____
Neighbor _____	School / childcare _____
Family member _____	Doctor / hospital _____
Other _____	Other _____

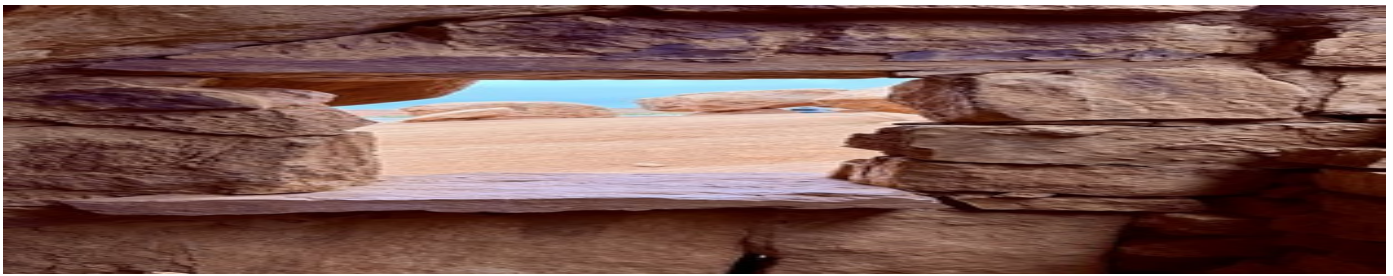
Emergency Code Word

Code word or phrase: _____

People who know what it means: _____

My Safe Places

- ☐ Friend or family member
- ☐ Dove Center or another shelter
- ☐ Police or sheriff office
- ☐ Hospital or public place



Emergency Escape Plan

ONE SAFE STEP AT A TIME

There is no single right way to leave. The safest choice may be to prepare slowly, leave quickly, or stay temporarily while making a plan. You know your situation best.

WHEN LEAVING

- ☐ Stay near an exit if possible
- ☐ Avoid rooms with weapons
- ☐ Keep a phone nearby
- ☐ Take children and pets if safe
- ☐ Call 911 in immediate danger
- ☐ Trust your instincts

TRANSPORTATION OPTIONS

- ☐ My vehicle
- ☐ Trusted person
- ☐ Taxi or ride-share
- ☐ Public transportation
- ☐ Law enforcement help
- ☐ Other backup plan

My Route

Primary exit: _____

Backup exit: _____

Safe destination: _____

Backup destination: _____

People Who Can Help

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Emergency Go Bag

Keep your bag somewhere safe and easy to reach. If keeping one at home is not safe, leave it with someone you trust.

IDENTIFICATION & DOCUMENTS	MONEY & ESSENTIALS
☐ Photo ID	☐ Cash
☐ Birth certificates	☐ Debit / credit cards
☐ Social Security cards	☐ Keys
☐ Insurance cards	☐ Cell phone
☐ Medical records	☐ Charger
☐ Protective order copies	☐ Extra clothing
☐ Custody orders	☐ Toiletries
☐ Lease or housing papers	☐ Water and snacks
MEDICINE & HEALTH	CHILDREN & PETS
☐ Prescription medications	☐ Comfort items
☐ Over-the-counter medicine	☐ Diapers / formula
☐ Glasses / contacts	☐ School records
☐ Medical supplies	☐ Pet food
☐ Mobility aids	☐ Leash / carrier
☐ Hearing aids	☐ Vaccination records

My Go Bag Location



Home Safety

AROUND THE HOME	APARTMENT / SHARED HOUSING
☐ Change locks when safe ☐ Repair damaged doors/windows ☐ Improve outside lighting ☐ Keep pathways visible ☐ Test smoke detectors ☐ Keep keys accessible ☐ Know all exits	☐ Tell management if appropriate ☐ Ask about lock changes ☐ Request better lighting ☐ Park in visible areas ☐ Know stairwell exits ☐ Tell a trusted neighbor ☐ Protect mail and packages

My Safe Neighbor or Nearby Helper

Name: _____ Phone: _____:

Technology & Digital Safety

Technology can be misused to monitor, impersonate, threaten, or control. Make changes only when it is safe. Sudden account changes may alert an abusive person.

LOCATION & DEVICES

- ☐ Apple Find My
- ☐ Google location sharing
- ☐ Life360
- ☐ Snap Map
- ☐ AirTags or Bluetooth trackers
- ☐ Vehicle location services
- ☐ Smart home devices
- ☐ Shared calendars

ACCOUNTS & PRIVACY

- ☐ Email access
- ☐ Apple ID / Google account
- ☐ Cloud photos and backups
- ☐ Banking apps
- ☐ Social media privacy
- ☐ Unique passwords
- ☐ Two-factor authentication
- ☐ Recovery email / phone

EVIDENCE

When safe, save screenshots, emails, call logs, photos, dates, times, usernames, and links. Store copies somewhere the abusive person cannot access.

Possible Technology Concerns



Workplace & School Safety

WORKPLACE PLAN	SCHOOL / CHILDCARE PLAN
☐ Tell a supervisor or security person ☐ Provide a photo or protective order if appropriate ☐ Change work phone or email access ☐ Ask for parking or escort support ☐ Vary routes and routines ☐ Screen calls and visitors	☐ Update school pickup permissions ☐ Give school a copy of court orders ☐ Create a family code word ☐ Confirm emergency contacts ☐ Plan safe custody exchanges ☐ Tell children which adults can help

People Who Need Information

Stalking & Incident Documentation

Repeated unwanted contact, surveillance, following, threats, property damage, and online monitoring may be part of stalking. Documentation can help show a pattern.

Date / Time	Location	What Happened	Witnesses	Evidence Saved
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SAVE SAFELY

Keep logs and evidence where the abusive person cannot access them. Consider a trusted person, advocate, attorney, or secure account.

Protective Orders & Court Preparation

A protective order may place legal restrictions on another person. It does not replace a safety plan. Procedures and available orders depend on your situation; a victim advocate or attorney can explain current Utah options.

KEEP COPIES WITH

- ☐ You
- ☐ Trusted person
- ☐ School / childcare
- ☐ Employer or security
- ☐ Vehicle or go bag

COURT PREPARATION

- ☐ Photo identification
- ☐ Police reports
- ☐ Photos or messages
- ☐ Incident log
- ☐ Witness information
- ☐ Questions for advocate
- ☐ Childcare and transportation plan

Court and Case information

Case number: _____

Court: _____

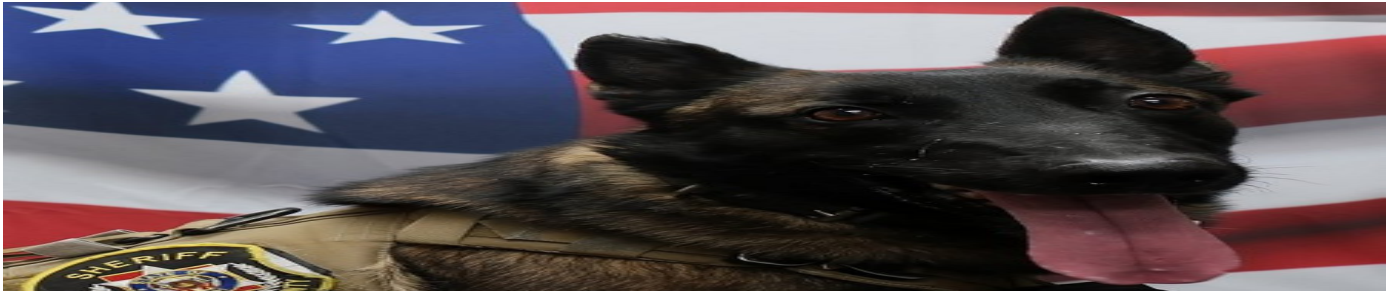
Judge / commissioner: _____

Hearing date and time: _____

Prosecutor / attorney: _____

Advocate: _____

Deputy / officer: _____



Children's and Pet Safety

Children should never be asked to physically intervene. Teach them how to get help, where to go, and which adults are safe.

CHILDREN	PETS
☐ Full name and address ☐ How and when to call 911 ☐ Family code word ☐ Safe room or neighbor ☐ Never intervene in violence ☐ Approved pickup adults ☐ Comfort items and medicine	☐ Safe temporary caregiver ☐ Food and medication ☐ Leash or carrier ☐ Veterinary records ☐ Microchip information ☐ Pet-friendly shelter options ☐ Photos proving ownership

My Plan



Healing & Grounding

Trauma responses are normal reactions to frightening or overwhelming experiences. Healing is not linear. Small acts of care and connection matter.

GROUNDING IDEAS

- ☐ Name five things you can see
- ☐ Press your feet into the floor
- ☐ Hold a cool object
- ☐ Slowly name where you are
- ☐ Take a brief walk
- ☐ Call a trusted person

BASIC CARE

- ☐ Drink water
- ☐ Take prescribed medicine
- ☐ Eat something nourishing
- ☐ Rest when you can
- ☐ Limit upsetting media
- ☐ Attend counseling or support

SLOW BREATHING

Breathe in gently for 4 counts. Pause. Breathe out slowly for 6 counts. Repeat several times without forcing the breath.

What Helps Me Feel Steadier?

Inclusive Support for Every Survivor

Domestic violence can affect people of every gender, age, race, culture, religion, sexual orientation, gender identity, income level, and ability. Every survivor deserves to be heard and supported without discrimination.



Possible Barriers to Seeking Help

- ☐ Fear of discrimination or not being believed
- ☐ Concern about being outed or misgendered
- ☐ Language or immigration concerns
- ☐ Disability access needs
- ☐ Financial dependence
- ☐ Fear of losing housing, children, pets, or community support

OUR COMMITMENT

Listen. Believe. Support. You deserve services that respect your identity, choices, privacy, and dignity.



Washington County Resources

Emergency	911
Washington County Sheriff Victim Advocate Services	Amie Whipple 435-656-6505 amie@washeriff.net
Dove Center 24-Hour Helpline	435-628-0458 www.dovecenter.org
988 Suicide & Crisis Lifeline	Call or text 988
National Domestic Violence Hotline	800-799-7233
My additional local resource	

Resource information can change. Confirm phone numbers, hours, eligibility, and service availability before public distribution.

Advocate / Law Enforcement Notes

My Personal Safety Workbook

Use these pages to record information that is helpful to you. Keep the guide somewhere safe.

Important People

Safe Locations

Medications and Medical Needs

Children and School Information

Pet Information

Finances and Important Documents

Transportation and Vehicle Information

Protective Order and Court Information

My Monthly Safety Review

What has changed since my last review?

Which parts of my plan still work?

What new concerns do I have?

Who can support me this month?

What is one step I want to take?

Next Review Date



**YOU DESERVE SAFETY.
YOU DESERVE RESPECT.
YOU DESERVE PEACE.**

There are people ready to help whenever you are ready.

Washington County Sheriff Victim Advocate Services

435-656-6505 | amie@washeriff.net

www.washeriff.net

Shelter and Outreach

Dove Center 24-Hour Helpline: 435-628-0458