

PERSONAL SAFETY PLAN FOR WOMEN

A practical, printable plan for awareness, communication, safer routines, and emergency response.

Use this worksheet before you need it. Personal safety is not about living afraid. It is about knowing your options, identifying trusted people and safer places, and deciding what you will do when something feels wrong.

1. My Trusted Contacts

Primary contact:	_____
Phone:	_____
Backup contact:	_____
Phone:	_____
Nearby contact / neighbor:	_____
Phone:	_____

2. My Check-In Plan

- I have at least one person who knows when I am traveling, meeting someone new, or arriving home late.
- My check-in person knows approximately when to expect me.
- We have agreed on what they should do if I miss a check-in.

My normal check-in person:	_____
Expected check-in action/time:	_____

3. My Code Word

My code word / phrase:	_____
Who knows it:	_____

When I use it, it means:

- Call me immediately and give me a reason to leave.
- I may be in danger - contact emergency services and provide my location.
- Other action: _____

4. Safer Places I Can Go

List places along your normal routes where you could go if you felt followed, threatened, stranded, or unsafe.

Near home:	_____
Near work / school:	_____
Along my commute:	_____
Other safe location:	_____

5. If I Think I Am Being Followed

- I will not automatically lead the person or vehicle to my home.
- I will move toward a populated, staffed, or otherwise safer location.
- I will call 911 if I believe I am in immediate danger.
- I will prioritize getting to safety over confronting the person or collecting evidence.

6. Home Safety Check

- Exterior doors and accessible windows lock properly.
- I can identify visitors before opening the door.
- Exterior entrances have useful lighting.
- I do not keep spare keys in obvious locations.
- At least one trusted person nearby could help in an emergency.
- I know at least two ways to leave my home if necessary.

7. Work and Commute

- I know how to contact workplace/building security if available.
- I know whether a security escort to my vehicle is available.
- I know alternate routes between work and home.
- I know several staffed/public locations along my normal route.
- Someone appropriate would know if repeated unwanted contact began affecting me at work.

8. Dating, Social Events and Rideshare

- For early dates or meetings, I can arrange my own transportation when practical.
- A trusted person can know where I am and when to expect a check-in.
- I know how to share a trip or location when I choose to.
- I verify rideshare driver, vehicle and license-plate information before entering.
- I have a plan for leaving without depending entirely on another person.

9. Digital Safety and Location Sharing

- My phone uses a strong passcode.
- Important accounts use multi-factor authentication where available.
- I periodically review which people and apps can see my location.
- I know which devices are signed into my important accounts.
- I avoid publicly posting real-time location or travel information when that creates unnecessary risk.
- I know what an unfamiliar Bluetooth tracker alert looks like on my phone.

10. Phone and Communication

- Emergency contacts are saved in my phone.
- I know how to use my phone's emergency/SOS features.
- I usually leave with enough battery for calls and navigation.
- I have access to backup phone power when appropriate.

Important number I know from memory:

11. Personal Safety Equipment

Only list equipment you actually carry or intend to maintain. A tool is not a substitute for awareness, distance, escape, communication, or training.

- Personal alarm
- Compact flashlight
- Portable power bank
- Defensive spray, where lawful and appropriate
- Less-lethal defensive option, where lawful and appropriate
- Other: _____

Tool I need more practice with:
Maintenance / battery check
date: _____

12. Training and Practice

- I have considered a reputable hands-on self-defense class.
- I have practiced accessing any personal-safety tool I carry.
- I understand that physical self-defense is about creating an opportunity to escape.
- I know that no tool or technique guarantees safety.

13. Stalking or Repeated Unwanted Contact

- I will tell trusted people if repeated unwanted behavior becomes a pattern.
- When safe, I can preserve relevant messages, dates, photos, voicemails, witness information, and report numbers.
- I understand that changing blocking, location, account, or communication settings can affect a stalking situation and may require individualized safety planning.

14. If an Incident Happens

- Get somewhere safer first.
- Call emergency services when appropriate.
- Contact someone I trust.
- Seek medical care when needed.
- Preserve relevant evidence when safe and appropriate.
- Consider a victim advocate or specialized support resource.

15. My Three Priorities

What are the three most useful improvements I can make to my personal safety plan now?

1. _____
2. _____
3. _____

Important: This worksheet provides general preparedness information, not legal, medical, or individualized safety advice. Laws and circumstances vary. If you are in immediate danger in the United States, call 911. For stalking, sexual assault, domestic violence, or other victim-safety concerns, use qualified local or national support resources and develop a plan appropriate to your circumstances.

MY PERSONAL SAFETY QUICK PLAN

Keep this page somewhere private and accessible. Avoid placing sensitive information where an unsafe person could easily find it.

Primary emergency contact:

Phone:

Backup contact:

Phone:

My code word:

Code word action:

Safer place near home:

Safer place near work:

Safer place along commute:

Important number from memory:
Personal safety equipment I
carry:

Next training / practice goal:

IF SOMETHING FEELS WRONG

- Create distance.
- Move toward people, staff, security, or a safer location.
- Do not worry about appearing rude.
- Do not lead a suspected follower directly home.
- Use your phone, alarm, voice, or other available options when appropriate.
- Call 911 if you believe you are in immediate danger.

Preparedness without fear. The goal is not to predict every possible emergency. It is to give yourself more options when something does not go as planned.