MY PLAN OF ACTION

1. Who am I going to talk to first?
   - A person I trust. Their name is: __________________
   - The Police Department
   - Adult Protective Services (APS)

2. Will I talk to them face to face or on the phone?
   - I’m going to meet with them (ONLY IF YOU ARE IN DANGER)
   - I’m going to call them on the phone. Their number is: _______________

3. What am I going to say?
   - Who did it happen to? ________________________________
   - Who was the person who did it? ______________________
   - What happened? ____________________________________
   - When did it happen? _________________________________
   - Where did it happen? _________________________________
   - Was there someone else there? _______________________
   - Is there anything else that I want say? __________________

4. What do I want to happen next?
   - Keep myself safe
   - Leave the situation
   - Have someone check on me regularly
   - Learn more about my rights
   - Work with an advocate
   - Learn to protect myself
   - Get someone new to support me
   - Something else: __________________
MY CALL LOG

(Make copies of this page if you need to more places to write down your calls)

CALL #____

Who did I call?___________________________________________________________

When did I call?

• What Day? (Month/Day/Year) (___/___/____)
• What time?

Did I speak to someone or leave a message?

I talked to someone. Who did I speak to? (Name, job title, location)____________________________________________________________________

I left a message. Who did I leave a message with? (Name, job title, location)____________________________________________________________________

What did they say?___________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

❖ Tip: If you left a message, plan to call back the next day.

What’s Next? (Will they follow up? Is there another person to call?)

___________________________________________________________________________

❖ Tip: If you talk to someone, ask them what the next step is.