

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?

- | | |
|---|--|
| <input type="checkbox"/> Keep myself safe | <input type="checkbox"/> Work with an advocate |
| <input type="checkbox"/> Leave the situation | <input type="checkbox"/> Learn to protect myself |
| <input type="checkbox"/> Have someone check on me regularly | <input type="checkbox"/> Get someone new to support me |
| <input type="checkbox"/> Learn more about my rights | <input type="checkbox"/> 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.