SAFETY PLAN

**Safety Plan for Victims of Domestic Violence**

This is my plan for increasing my safety and preparing in advance for the possibility of further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to my partner and how to best get myself and my children to safety.

**My Important Telephone Numbers**

Police: 911 and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Non-Emergency)

Domestic Violence Program/Safe Home: \_\_\_\_\_\_\_\_\_\_\_SAFE 1-800-478-2316 Crisis Line \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

District Attorney's Office \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Safety During an Assault**

Women cannot always avoid violent incidents, but they can do a number of things to increase their safety during violent incidents.

I can do some or all of the following:

1. If I decide to leave, I can get out of the house by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Practice how to get out safely. What doors or windows will you use?)

2. I can go to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Decide this even if you don't think there will be a next time.)

3. In order to be able to leave quickly, I can keep my purse and vehicle key ready by putting them \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. I can tell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, (neighbors) about the violence and ask them to call the police if they hear suspicious noises coming from the house.

5. I can teach my children how to use the telephone or radio to contact the police and to get help in an emergency.

6. I can use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as my code word with my children and/or friends when I am in danger, so they will call for help.

7. When I expect an argument, I can try to move to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a space near an outside door that has no guns, knives or other weapons (usually bathrooms, garages and kitchen areas are dangerous places.)

8. I can use my judgment and intuition. If the situation is very serious, I can give my partner what they want to calm them down. I have to protect myself until I am out of danger.

9. I can call the police when it is safe, and I can get a protective order from the court.

**Safety When Preparing to Leave**

Leaving must be done with a careful plan to increase safety. Batterers often strike back when they believe the victim is leaving the relationship.

1. So I can leave quickly, I can leave money, an extra set of keys, extra clothing and important documents with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. I can open a savings account to increase my independence by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. I can check with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to see who would be able to let me stay with them or lend me some money.

4. The National Domestic Violence Hotline number is 1-800-799-SAFE (7233). By calling this free Hotline, I can get the number of a shelter near me.

5. I can rehearse my escape plan and, as appropriate, practice it with my children.

6. Other things I can do to increase my independence:

**Checklist - What you may want to take with you, if it is safe to do so:**

1. Identification  
2. Address book  
3. Money  
4. Credit cards  
5. Medications  
6. Social Security Cards  
7. Keys (house/car/work)  
8. Welfare identification  
9. Driver's license/vehicle registration  
10. Address book  
11. Birth and marriage certificates  
12. Checkbook, ATM card and other bank books  
13. Work permit  
14. School and vaccination records  
15. Children's birth certificates  
16. Divorce papers  
17. Copy of protective order  
18. Passport  
19. Pets (if you can)  
20. Jewelry  
21. Photo Album  
20. Children's special blanket, doll or stuffed animal