



SAFETY PLAN

Safety planning helps develop tools in advance of potentially dangerous situations. Choose only the suggestions listed that make sense for your set of circumstances.

Safety if you stay and safety during a violent incident

- Practice how to get out of the home safely. What doors, windows, stairwells or fire escapes would you use? _____
- Keep your purse and car keys safe and where you can get to them quickly.
- I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.
- Safety plan with your children. See Saving Grace’s “Tips for Safety Planning with Children.”
- When I expect violence is going to occur, I will try to move to a space that is lowest risk, such as _____ (Try to avoid arguments in the bathroom, kitchen, garage, near weapons, or in rooms without access to an outside door.)
- Consider using a code word and visual signal that alert family and friends that you are in danger.
- If I have to leave home quickly, I will go _____.
- Call 911 from a home phone so the police can trace your location if you can’t talk.
- Keep weapons and knives as hard to get as possible.
- I will include pets in my safety plan. If it isn’t safe for me, it is likely not safe for my pet(s).
- I can use my judgment or intuition. I have to protect myself until I/we are out of danger.

Safety when preparing to leave or when leaving

- So I can leave quickly, I will leave money, an extra set of keys, extra clothing and important documents with _____. If safe, I can leave these items in a hidden spot at home.
- I can check with _____ and _____ to see who would be able to let me stay with them and who may be able to lend me money.
- Open a savings account in a new bank and in your name only.
- Keep evidence of abuse (pictures, incident log) in a safe and hidden place.
- If you are injured, go to the doctor or ER. Ask them to document your visit and injuries. Ask a friend to do the same.
- Consider getting a prepaid, anonymous cell phone that your abuser does not know about.
- Pick a place at least six hours away. Conduct Internet searches, call motels, and ask for call-backs to create a false trail.

List of items to take with you:

- Phone numbers of friends, doctors, schools, etc
- Driver’s license/ID

- Medications
- Credit cards, or list of all with your name on them
- Checkbooks, ATM cards, bank accounts, assets info

If time is available, also take:

- Passports, green card
- Titles, deeds, property info
- Medical records
- Kids' school and vaccination/immunization records
- Insurance info
- Marriage license, birth certificates, will, other legal documents
- Social security cards
- Welfare ID
- Keys to the home, car, office
- Car Registration
- Lease/rental agreement
- Work permits
- Children's toys, blankets, etc.
- Pictures, jewelry, personal or sentimental items

Safety after you've left or after he's left

- Change locks on doors and windows.
- I can inform _____ that my partner no longer lives with me and that they should call the police if he is seen at my residence (friends, neighbors, co-workers or landlords.)
- Change phone numbers and consider getting caller ID.
- Rent PO Box or use Address Confidentiality Program (ask Saving Grace about this.)
- Install security systems including additional locks, window bars, an electronic system etc., as affordable.
- Add a motion sensor lighting system on the inside and out.
- Block sliding doors with broom handle or other obstacle.
- Purchase rope ladders for second floor windows.

Safety on the job, in public or outside the house

Friends, family, co-workers can help protect you. Consider carefully which people to invite to help secure your safety.

- If I have a restraining order, I will keep a copy with me at all times. I will also tell my employer, family and friends about the restraining order.
- I can give a copy of the restraining order to my children's school or daycare.
- I can tell _____ at work about my situation.
- When I leave work, I can walk with _____ to my car or bus stop. I will park my car where I will feel safest to get in and out of it.
- I can change my route to work or places I go to often, use different grocery stores, shopping centers and banks.
- I can keep a cell phone with me at all times. Cell phones with no service plans can still reach 911 (ask Saving Grace about 911 cell phones if you don't have cell service).