

## PERSONALIZED SAFETY PLAN

Your safety is the most important thing. Listed below are tips to help keep you safe. These resources can help you make a safety plan that works best for you.

### **If you are in an abusive relationship, think about:**

- > Keeping important phone numbers nearby for you and your children. Numbers to have are: police, sheriff, hotlines, family, friends and the local shelter.
- > Friends or neighbors you could tell about the abuse. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.
- > How to get out of your home safely. Practice ways to get out.
- > Safer places in your home where there are exits and no weapons. If you feel abuse is going to happen, try to get your abuser to one of these safer places.
- > Any weapons in the house. Think about ways that you could get them out of the house.
- > Even if you do not plan to leave, think of where you **could** go. Think of how you might leave. Try doing things that get you out of the house, like taking out the trash, walking the pet or going to the store. Put together a bag of things you use every day and hide it where it is easy for you to get. **Go over your safety plan often!**

### **If you consider leaving your abuser, think about:**

- > Four places you could go if you leave your home.
- > People who might help you if you left. Think about people who will keep a bag for you. Think about people who might lend you money. Make plans for your pets.
- > Keeping change/money for phone calls, getting a cell phone or purchasing phone card.
- > Opening a bank account or getting a credit card in your name.
- > How you might leave. Try doing things that get you out of the house-taking out the trash, walking the family pet, or going to the store. **Practice how you would leave.**
- > How you could take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.

>Putting together a bag of things you use every day. Hide it where it is easy for you to get.  
**If you have left your abuser, think about:**

>You still need to think about **YOUR SAFETY**.

>Getting a cell phone. **THE VICTIM CENTER is able to provide you with a cell phone that is programmed to only call 911.** These phones are to use for calling the police when you cannot access any other phone.

>Getting a **full ex parte order of protection** from the court. **THE VICTIM CENTER can help you with this process.** Keep a copy with you at all times. Give a copy to the police, family members, people who take care of your children, children's school personnel and your boss.

>Changing the locks. Consider putting in stronger doors, smoke and carbon monoxide detectors, a security system and outside lights.

>Telling friends and neighbors that your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home or children.

>Telling people who take care of your children the names of people who are allowed to pick them up. If you have a **full ex parte order** protecting your children, give their teachers, family members and babysitters a copy of it.

>Telling someone at work about what has happened. Ask that person to screen your calls. If you have a **full ex parte order of protection** that includes your workplace, consider giving your boss a copy of it and a picture of the abuser. Think about and practice a safety plan for your workplace. This should include going to and from work. You might think about varying your route to work.

>Not using the same stores or businesses that you did when you were with your abuser.

>Someone that you can call if your feel down. Call that person if you are thinking about going to a support group or workshop.

>A safe way to speak with your abuser if you must

**WARNING: Abusers try to control their victim's lives. When abusers feel a loss of control-for example, when the victims try to leave- the abuse often gets worse. Take special care when you leave. Always be alert and very careful, even AFTER you have left.**

## Items to take

- Children ( if it is safe)
- Driver's License
- Money
- Car Registration
- Keys to car, house, work
- Welfare identification
- Extra clothes
- Passports, green cards, work permits
- Medicine
- Lease/rental agreement
- Important papers for you and your children
- Mortgage payment book, unpaid bills
- Birth certificates
- Insurance papers/car and health
- Social security cards
- School and medical records
- Address book including phone numbers
- Bank books, Credit cards
- Pictures, jewelry, personal items that mean a lot to you
- Items for your children (toys, blankets, etc.)
- **EX PARTE ORDER OF PROTECTION**
- **Divorce papers**
- **Custody orders**



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