

Protective Safety Plan

If you are still in the relationship:

1. Think of a safe place to go if an argument occurs - avoid rooms with no exits (bathroom), or rooms with weapons (kitchen).
2. Think about and make a list of safe people to contact.
3. Keep change with you at all times.
4. Memorize all-important numbers.
5. Establish a "code word or sign" so that family, friends, teachers or co-workers know when to call for help.
6. Teach your children to use the telephone to call the police, county sheriff, or the fire department.
7. Think about what you will say to your partner if he/she becomes violent.
8. Remember you have the right to live without fear and violence.

If you leave the relationship or are thinking of leaving:

You should take important items, papers and documents with you to enable you to apply for benefits, take legal action or help your child ease into the changes necessary to stay safe from harm. A checklist of important papers/documents you should take is listed below. Please check the ones that apply to you as you gather the items together.

- | | |
|--|---|
| <input type="checkbox"/> Social security cards | <input type="checkbox"/> Vehicle insurance cards and policy papers |
| <input type="checkbox"/> I D Cards | <input type="checkbox"/> Vehicle registrations |
| <input type="checkbox"/> Passports, green cards, work permits and Citizenship papers | <input type="checkbox"/> Proof of income for you and your spouse (pay stubs or W-2's), |
| <input type="checkbox"/> Current drivers License | <input type="checkbox"/> Money |
| <input type="checkbox"/> Social Services (DHS) ID cards | <input type="checkbox"/> Checkbook |
| <input type="checkbox"/> Birth certificates for you and your children | <input type="checkbox"/> Personal credit/charge/telephone cards (do not use the batterers or it can be traced to where you are) |
| <input type="checkbox"/> Pictures of each child, abuser and yourself | <input type="checkbox"/> Personal cell telephone |
| <input type="checkbox"/> School records | <input type="checkbox"/> Bank statements |
| <input type="checkbox"/> Medical records | <input type="checkbox"/> Credit card charge account statements |
| <input type="checkbox"/> Health Insurance Cards | <input type="checkbox"/> A bag ready with a change of clothes for each person leaving with you |
| <input type="checkbox"/> Medications | <input type="checkbox"/> Personal jewelry |
| <input type="checkbox"/> Life insurance policies | <input type="checkbox"/> Child's favorite toy, blanket or items of sentimental value |
| <input type="checkbox"/> Marriage license | <input type="checkbox"/> Any documentation of past incidents of abuse (photos, police reports, medical records) |
| <input type="checkbox"/> Divorce papers | |
| <input type="checkbox"/> Other court papers | |
| <input type="checkbox"/> Order of Protection papers | |
| <input type="checkbox"/> Leases, mortgages, or deeds in your name or both yours and your partner's | |
| <input type="checkbox"/> Keys: vehicle, office/work, house, safety deposit boxes | |

If you have left the relationship:

1. Change your phone number.
2. Notify cell telephone and credit card companies of address change.
3. Screen calls.
4. Save and document all contacts, messages, injuries or other incidents involving the batterer.
5. Change locks, if the batterer has a key.
6. Install security systems (additional locks, lights outside, window bars, poles to wedge in doors or windows, smoke detectors, fire extinguishers)
7. Avoid staying alone.
8. Plan how to get away if confronted by an abusive partner.
9. If you have to meet your partner, do it in a public place.
10. Vary your routine.
11. Notify school, counselor, and work contacts.
12. Call a shelter for battered women.

My Personal Safety Plan

To increase my safety, I can do some or all of the following:

1. When I have to talk to my abuser in person, I can _____.

2. When I talk to my abuser on the phone, I can _____.

3. I will make up a "code word" for my family, co-workers, or friends, so they know when to call for help for me. My code word is _____.

4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt such as _____ or (at work) _____ or _____ . (at home) (in public)

5. I can tell my family, co-workers, boss, or a friend about my situation. I feel safe telling: _____.

6. I can use an answering machine or ask my co-workers, friends or other family members to screen my calls and visitors. I have the right to not receive harassing phone calls. I can ask _____ or _____ to help screen (home) (work) my phone calls.

7. I can keep change for phone calls with me at all times. I can call any of the following people for assistance or support if necessary and can ask them to call the police/county sheriff if they see my abuser bothering me.

Friend: _____

Relative: _____

Co-worker: _____

Counselor: _____

Shelter: _____

Other: _____

8. When leaving work I can: _____.

9. When walking, riding or driving home, if problems occur, I can: _____.

10. I can attend a support group for women who have been abused. Support groups are held: _____ at _____.

11. Telephone Numbers I Need to Know:

Police/Sheriffs Department: _____

Probation Officer: _____

Domestic Violence/Sexual Assault Program: _____

Counselor: _____

Clergy Person: _____

School: _____

Daycare/Babysitter: _____

Attorney: _____

Other: _____

