

**CUSTOMIZE YOUR PLAN**

# **SAFETY PLANNING FOR DOMESTIC VIOLENCE**

**ONE SIZE DOES NOT FIT  
ALL**

**CUSTOMIZING  
YOUR SAFETY  
PLAN**

# **STEP 1: MAKE A PLAN**

# **WHAT IS IN THE PLAN?**

**ANYTHING THAT CAN BE USED TO KEEP YOU AND YOUR  
CHILDREN SAFE**

# **WHEN YOU ARE IN AN EXPLOSIVE ARGUMENT**

- **TRY TO GET TO A ROOM THAT HAS AN EXIT**
- **A ROOM THAT HAS NO WEAPONS**
- **PRACTICE HOW TO GET OUT SAFELY**

# **WHEN YOU ARE IN AN EXPLOSIVE ARGUMENT**

- **GRAB YOUR BAG AND GET OUT OF THE HOUSE**
- **IDENTIFY A NEIGHBOR THAT CAN CALL 911**
- **USE A CODE WORD WITH FAMILY AND FRIENDS**
- **PRE-PLAN WHERE YOU WILL GO**

# **WHEN YOU ARE PREPARING TO LEAVE**

- **OPEN A BANK ACCOUNT IN YOUR NAME**
- **PACK MONEY, KEYS, AND EXTRA CLOTHES**
- **DECIDE WHERE TO GO**

# **WHEN YOU ARE PREPARING TO LEAVE**

- **KEEP A DV PROGRAM NUMBER CLOSE**
- **PACK BIRTH CERTIFICATES AND SS CARDS**
- **REVIEW THE SAFETY PLAN**
- **USE YOUR INSTINCTS**



# **WHEN YOU ARE IN YOUR HOME**

- **CHANGE YOUR LOCKS**
- **BUY SAFETY DEVICES TO SECURE WINDOWS**
- **SHARE YOUR PLAN WITH THE CHILDREN**

# **WHEN YOU ARE IN YOUR HOME**

- **INFORM THE SCHOOL AND LANDLORD**
- **ASK THEM TO CALL THE POLICE IF THEY SEE THE ABUSER**
- **INSTRUCT THE CHILDREN NOT TO LEAVE WITH THE ABUSER**

# **SAFETY WITH AN ORDER OF PROTECTION**

- **KEEP YOUR ORDER OF PROTECTION WITH YOU**
- **CALL THE POLICE IF THE ABUSER BREAKS THE ORDER OF PROTECTION**
- **DO NOT VIOLATE THE ORDER**

# **SAFETY WITH AN ORDER OF PROTECTION**

- **THINK OF A PLAN B IF THE POLICE DO NOT GET THERE RIGHT AWAY**
- **SHARE WITH FAMILY, FRIENDS, WORK, AND NEIGHBOR IF YOU HAVE AN ORDER**

# **SAFETY ON THE JOB AND IN PUBLIC**

- **NOTIFY HR AND GIVE PHOTO AND VEHICLE INFO**
- **HAVE YOUR PHONE CALLS SCREENED**
- **GET AN ESCORT TO YOUR CAR**

# **SAFETY ON THE JOB AND IN PUBLIC**

- **USE A VARIETY OF ROUTES**
- **THINK ABOUT WHAT YOU WILL DO IF SOMETHING HAPPENS**

# **SAFETY FOR YOUR EMOTIONAL HEALTH**

- **IF YOU RETURN TO THE ABUSIVE RELATIONSHIP, DISCUSS A PLAN WITH A TRUSTED FRIEND.**
- **DISCUSS AN ALTERNATIVE PLAN**
- **STAY POSITIVE ABOUT YOURSELF**

# **SAFETY FOR YOUR EMOTIONAL HEALTH**

- **READ ARTICLES AND POEMS**
- **BE ASSERTIVE ABOUT YOUR NEEDS**
- **ATTEND GROUP OR INDIVIDUAL COUNSELING**



# **STEP 2: PACK IMPORTANT ITEMS**

**REMEMBER TO TAKE YOUR KEYS TO THE  
CAR, THE HOUSE, AND WORK**

# **DOCUMENTS**

- **DRIVER'S LICENSE/ PHONE NUMBERS**
- **CAR REGISTRATION & INSURANCE CARD**
- **PASSPORTS/ GREEN CARDS/WORK PERMITS**

# DOCUMENTS

- **CUSTODY PAPERS/DIVORCE PAPERS**
- **ORDERS OF PROTECTION**
- **SNAP CARD**

# FINANCES

- **MONEY**
- **CREDIT CARDS**
- **BANK STATEMENTS**

# FINANCES

- **CHECK BOOK**
- **MORTGAGE BILL**
- **INSURANCE DOCUMENTS**
- **UNPAID BILLS**

# **CHILDRENS' ITEMS**

- **BIRTH CERTIFICATES**
- **ID CARDS**
- **SOCIAL SECURITY CARDS**
- **EXTRA CLOTHES**

# **CHILDRENS' ITEMS**

- **SCHOOL AND MEDICAL RECORDS**
- **MEDICINE**
- **FAVORITE TOY**



# **STEP 3: REHEARSE YOUR PLAN**

# **STEP 4: EXECUTE YOUR PLAN**

# QUESTIONS