

SAFETY PLANNING

1. Keep an emergency 911 cell phone hidden and charged. DVS can provide one for free.
2. Consider friends and/or neighbors you can tell about the abuse and violence.
3. If safe, keep documentation about abuse. Such as a written diary, photos of injuries or property destruction, save voicemails, copies of e-mails, copies of medical reports.
4. Trust your own judgment and instincts. You know what has worked before, what hasn't worked, and how your partner might react to something.
5. Talk to someone when you feel down. Attend support groups or counseling to strengthen your relationships with other people.
6. Remember, you cannot stop your partner's abuse, but you can find help and support for yourself. No one deserves to be abused.

If you are leaving, your and your children's life and safety are most important; everything else is secondary.

7. Ask yourself:
 - ✓ How and when can I leave most safely?
 - ✓ Who can I trust to tell that I am leaving?
 - ✓ Would a protection order (restraining order) help?
 - ✓ How can I be safe traveling to/from work or the children's school?
 - ✓ What important phone numbers do I need? Shelter? Friends? Family? Schools?
 - ✓ Where can I go? Friends? Family? Shelter?
8. Set up a routine where it is normal for you to leave for a short time.
9. Have extra money and sets of car keys, clothes, copies of important papers with friends or relatives.
10. Keep change for phone calls with you, possibly open a savings account, rehearse your escape route with a support person, and review your safety plan periodically.
11. If possible, think about taking the following with you when you leave:

__ Birth certificates	__ Medications	__ Divorce papers
__ Social security cards	__ Copy of Protection Order	__ Insurance papers
__ School & medical records	__ Welfare identification	__ Address book
__ Money, bank books, credit cards	__ Passports, green cards, work permits	
__ Keys-house, car, office	__ Lease/rental agreement	
__ Driver's license & registration		

CAUTION – Often it can get worse when you try to leave or show signs of independence (like going to school or filing for divorce). The batterer may become desperate. Be careful.

After you or your partner has left, consider:

12. Change the locks, install dead bolts on doors, outside lighting, or a security system.
13. Tell neighbors or landlord that your partner no longer lives with you and ask if they will call police if they are observed around your home.
14. Tell the people who care for your children. Give names of those who have permission to pick them up from school or activities, and give copies of any protection orders you have.
15. Tell someone at work, give photo and/or copy of protection order to your supervisor or security, ask someone to screen your calls. Have your name removed from automated phone directories.
16. Use different stores, banks etc.