

### **Safety Plan – Non – Emergency Safety Plan**

- A. Make an extra set of car keys and hide them in an easy place to reach.
- B. Prepare clothing needs — clothes for self and children. Store in a suitcase in home and hide in a secure location. Or, store them at a trusted friend's home. Try to avoid using next-door neighbors, close family members, and mutual friends.
- C. Prepare for financial needs (place in accessible location):
  - 1. Extra Cash
  - 2. Check and Savings Books
  - 3. Other Valuables (i.e., jewelry, coins, etc.)
- D. Prepare for children's needs (where children are involved):
  - 1. Take something meaningful for each child (blanket, pillow, etc.)
  - 2. Discuss what is happening if you must leave the home.
  - 3. Identify a safe place for children to go and plan with them.
- E. Prepare for possible legal action. Keep all documents in a safe place:
  - 1. Financial documents
    - a. Pay stubs: yours (if you are working) and spouse's)
    - b. Household bills (including mortgage payments, utilities, etc.)
    - c. Stocks, bonds and any other joint financial holdings
  - 2. Identification (driver's license, birth certificate, passport, social security cards)
  - 3. Copies of restraining orders, evidence of past abuse.

### **Emergency Safety Plan (when living with the abuser):**

- A. Plan an escape route from home before it is needed.
- B. Make a habit of backing the car into the driveway and keeping it fueled.
- C. Make a list of situations in which violence may occur or escalate.
- D. Carefully explore the layout of your house and access to telephones.
- E. Develop and rehearse a place for leaving the home if violence occurs.
- F. If violence occurs away from home, develop a plan for escaping the abuser.
- G. Notify trusted neighbors to be on alert to suspicious noises and to call the police.
- H. Develop a code word with children when you want them to call for help.
- I. Teach children how to use the phone to contact the police.

- J. Know safe places you can to go leave a dangerous situation, (AVOID KITCHENS, BATHROOMS, GARAGE OR ANY OTHER ROOM CONTAINING POSSIBLE WEAPONS. REMOVE POSSIBLE WEAPONS, SUCH AS KNIVES FROM EASY ACCESS).
- K. Don't run to where the children are, as your partner may hurt them as well.
- L. Try not to wear scarves or long jewelry that could be used to strangle you or otherwise hurt you.
- M. Keep the number of battered women shelter services in a safe place.