

Safety Planning

During an Argument, When Preparing to Flee, In Your Own Home, on the Job and in Public, & with Technology

Safety Planning During an Argument

- Practice getting out of your home safely.
- Avoid rooms with weapons, such as the kitchen.
- Have emergency 911 phones hidden throughout the home.
- Tell trustworthy neighbors about the violence. Ask them to call the police if they hear or see any disturbance.
- Devise a code word or signal to use with your children, family, friends, and trustworthy neighbors when you need the police.
- Trust your instincts and judgement. You have the right to protect yourself.

Safety Planning When Preparing to Flee

- Establish your independence. Open savings and credit card accounts in your name only and specifically instruct institutions that your partner is not to have access.
- Leave money, extra keys, copies of important documents, extra medicine, and clothes with someone you trust so you can leave quickly.
- Determine safe people you can stay with and plan leaving with.
- Keep a packed bag at a trusted relative's or friend's home.
- Review and rehearse your safety plan.
- Plan where you will go if you must leave.

Safety Planning in Your Own Home

- Change the locks on your doors. Landlords are legally obligated to change locks within 24 hours if you are experiencing DV.
- Install locks on your windows. Renters check with your landlord first.
- Discuss and practice a safety plan with your children for when you are not with them.
- Inform your children's schools or caregivers who has permission to pick up your children.
- Inform neighbors and landlord that your partner no longer lives with you and to call the police if they see them near your home.

Safety on the Job and in Public

- Decide who at work you will inform of your situation, include building security.
- Provide a photo of your abuser for quick identification.
- Screen your telephone calls.
- Devise a safety plan for leaving work, such as exiting through the back door.
- Have someone escort you when leaving and wait with you until you are safely in route.

Safety Planning on the Job and in Public Continued

- Use a variety of routes to go home.
- Rehearse what you would do if something happened while going home, such as picking a safe place to go to.
- Create a safety routine when you arrive home: checking your house and property, checking in with someone to let them know you are safe, etc.

Safety Planning with Technology

- Remember that all computer and online activity may be monitored.
- Abusers may monitor your emails and internet activity, if you are planning to flee to a particular location, don't look at classified ads for jobs or apartments, bus tickets, etc.
- It is safer to use a computer in a public library, at a trusted friend's house, at an internet café, or any other public terminals.

Safety Planning with Technology Continued

- Abusers may also track your activity and whereabouts through your cell phone; if you think there is a chance this may be happening, take your phone into your provider. Apple store, or Best Buy Geek Squad and have it thoroughly checked. Apple users can use the Safety Check feature in Settings themselves.
- If your phone has been compromised and you get a new one, do NOT update your phone from the cloud.

Checklist: What You Should Take When You Leave

- Legal Papers
 - Restraining order/stalking order
 - Lease, rental agreement, house deed
 - Car registration
 - Health and life insurance cards
 - Divorce papers
 - Custody papers
- Identification
 - Driver's license
 - Passports
 - Children's birth certificates
 - Social security cards
 - Self-sufficiency/disability identification

Checklist: What You Should Take When You Leave Continued

- Papers
 - Children's medical records
 - Green card
 - Work permits
 - Visa
- Other
 - House keys
- Car keys
- Medications
- Valuables, photos, etc.
- Address book
- Phone card/safety cell phone
- Clothes., blankets, small toys for children
- Clothes, hygiene necessities, etc. for you