



# Domestic Violence Safety Plan

## WHAT YOU MAY NEED TO TAKE WHEN YOU LEAVE:

USER NAMES/ PASSWORDS and IMPORTANT CONTACTS	<input type="checkbox"/>	MEDICAL RECORDS for ALL FAMILY MEMBERS	<input type="checkbox"/>
BANK PASSWORDS/ CHECKBOOKS	<input type="checkbox"/>	MEDICATIONS	<input type="checkbox"/>
CAR TITLE & REGISTRATION	<input type="checkbox"/>	MONEY and DEBIT/CREDIT CARDS	<input type="checkbox"/>
BIRTH CERTIFICATE(S)	<input type="checkbox"/>	PHONE and CHARGER	<input type="checkbox"/>
CHILDREN'S SMALL TOYS	<input type="checkbox"/>	LEASE, RENTAL AGREEMENT, or HOUSE DEED	<input type="checkbox"/>
DIVORCE PAPERS	<input type="checkbox"/>	SUITCASE OF CLOTHES / PICTURES	<input type="checkbox"/>
IMMIGRATION PAPERS	<input type="checkbox"/>	RESTRAINING ORDER	<input type="checkbox"/>
HOUSE & CAR KEYS	<input type="checkbox"/>	SCHOOL RECORDS	<input type="checkbox"/>
IDENTIFICATION/ DRIVER'S LICENSE	<input type="checkbox"/>	SMALL OBJECTS YOU CAN SELL	<input type="checkbox"/>
INSURANCE PAPERS	<input type="checkbox"/>	SOCIAL SECURITY CARD	<input type="checkbox"/>
PETS and PET SUPPLIES	<input type="checkbox"/>	COMPUTER and CORD	<input type="checkbox"/>

## SAFETY DURING AN ABUSIVE INCIDENT

- If an argument seems unavoidable, try to have it in a room or area that has access to an exit. Not in the bathroom, kitchen or anywhere near weapons.
- Practice how to get out of your home safely. Identify which doors, windows, elevators or stairs would be best.
- Have a packed bag ready and keep it in a secret but accessible place in order to leave quickly.
- Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- If the situation is very dangerous, use your own instincts and judgements to keep yourself safe. (You have the ability to obtain a restraining order at your local courthouse during business hours and through local police in an emergency.)
- Always remember – YOU HAVE THE RIGHT NOT TO BE ABUSED IN YOUR RELATIONSHIP – PHYSICALLY, EMOTIONALLY, OR SEXUALLY.

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## **SAFETY WHEN PREPARING TO LEAVE**

- District Attorney "Good Cause" form: If you have children you may complete a "Good Cause" form when leaving a violent relationship. This form can protect you against child abduction charges and allows 30 days for custody to be arranged.
- Determine where you could stay and who would lend you money.
- Always try to take your children with you or make arrangements to leave them with someone safe.
- Leave money, an extra set of keys, copies of important documents, and extra clothes with someone you trust.
- Open a savings account in your own name to start to establish or increase your independence.
- Keep the shelter contact information. Keep your phone charged or keep a secret phone to keep contacts saved and make calls.
- Turn off location settings on phone and vehicle.
- Review your safety plan with a domestic violence advocate in order to plan the safest way to leave your batterer.
- REMEMBER—LEAVING YOUR BATTERER CAN BE THE MOST DANGEROUS TIME.

## **SAFETY IN YOUR HOME**

- Inform neighbors and landlord that your partner no longer lives with you and ask that they call the police if they see your partner near your home.
- Rehearse a safety plan with your children for when you are not with them.
- Inform your children's school or day care about who has permission to pick up your children. (Give schools a copy of your restraining order).
- Change/Add locks on your doors and windows as soon as possible. Add a peephole, doorbell camera and increase outdoor lighting, if possible.
- Change your telephone number.
- Change passwords to social media, email, online banking, etc.
- Save texts, voice mails, emails or social media posts. Report threatening behavior or restraining order violations to law enforcement.

## **SAFETY WITH A RESTRAINING ORDER**

- Keep your restraining order with you at all times. Leave extra copies at work, with a friend, in your car, etc.
- Call the police if your partner violates the restraining order. Think of alternative ways to keep safe if the police do not respond right away.
- Inform family, friends, and neighbors that you have a restraining order in effect.
- Try to avoid places where your partner may frequent.

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

- Screen your phone calls.
- Devise a safety plan for when you leave work. Have someone escort you to your car/bus. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.

## **SAFETY AND YOUR EMOTIONAL HEALTH**

- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- If you have to communicate with your partner, determine the safest way to do so.
- Have positive thoughts about yourself and be assertive with others about your needs.
- Plan to attend a support group to gain support from others and learn more about yourself and the relationship.
- Decide who you can call to give you the support you need.
- Read books, articles, and poetry to help you feel stronger.

## **IF YOU ARE A TEEN IN A VIOLENT DATING RELATIONSHIP**

- If things in your relationship do not feel right to you, talk about it with someone you trust.
- Decide which friend, teacher, relative, or police officer you can go to in an emergency.
- Contact a domestic violence advocate to learn about how to obtain a restraining order and make a safety plan.
- Remember—YOU SHOULD NEVER HAVE TO FEEL AFRAID IN YOUR RELATIONSHIP.
- NO MEANS NO.