A safety plan is a way to protect yourself and your family from domestic violence. Once you have developed your plan, memorize it and practice it. Keep this plan in a safe place away from the abuser.

Living with an abuser
- Avoid arguing in closed spaces with no exits
- Avoid arguing in the kitchen with possible weapons
- Try to remove weapons from the house safely
- Practice and memorize an escape plan
- Practice ways to get out of your house safely
- Know the locations of bus, trolley, and police stations
- Place a copy of birth certificate, insurance, credit cards, money, medications, welfare, immigration papers, and ATM card with friends
- Keep a list of who you can call in case of emergency
- Notify neighbors you trust of your situation and ask them to call the police if they hear angry or loud noises
- Vary driving routes

At work or School
- Park close to the entrance or exit
- Develop a plan to drive safely to and from work or school
- Include workplace and/or school on restraining order
- Provide a picture of the abuser to security and receptionists
- Provide a picture of your abuser and a copy of your restraining order to the school campus security
- Look into alternate work or class hours or locations
- Ask a friend or security to walk you to your car
- Vary driving routes
- Relocate your work place to a more secure area
- Utilize campus safety escorts when walking alone at night
- Begin a “buddy system” and have friends accompany you in public places
- My safety person at work or school will be: ___________________________
- Be mindful of the safety of others in this process

Living away from the abuser
- Save threatening texts, calls, or emails to use as evidence for restraining orders
- Keep a charged cell phone with you at all times
- Vary driving routes
- Change locks, but know the law (if you have a kick-out order, then you are acting within your rights)
- Locate community shelters
- Find legal assistance
- Do not frequent areas visited by the abuser
- Identify a safety person who will hold personal items, or safe place (work, gym, storage service unknown by abuser)
- Open up a checking account in your name (preferably paperless, so there are no traces of your information)
- Change home or cell phone number and get it unlisted
- Keep a copy of your restraining order with you
- Consider getting a P.O. box (ask about safe at home)
- Notify neighbors of you situation and ask them to call police if they see the abuser

Taking care of children
- Minimize children’s exposure to fighting
- Refrain from discussing the abuse with the children
- Teach children how to dial 911 when appropriate
- Teach children who to call for help
- Provide day care/school with a copy of the restraining order and a picture of the abuser
- Develop custody and visitation orders that keep both you and your children safe
- Obtain assessments/counseling for children
- Teach children not to get in the middle of fights
- Think about how you could take your children with you safely (you need to protect yourself in order to protect your children)
Using technology

☐ Put a passcode on your phone
☐ If you suspect that your cell phone is being monitored, try and buy a new phone. A pay as you go phone is the safest alternative
☐ Turn off your location settings on your phone, especially on social media when posting statuses and pictures
☐ Change your passwords often
☐ If you suspect that the abuser is monitoring your online activities, try and use a public computer
☐ Limit your use of social media (Facebook, twitter, Instagram, etc)
☐ Check privacy settings on your social media accounts
☐ Ask friends to please not “tag” you in photos online
☐ Limit the personal information given about yourself on social media/online
☐ Money
☐ Take screen shots of harassing online incidents and texts in the case of accidental deletion
☐ Keep a log of all harassing online incidents
☐ Report harassing online incidents from abuser to website
☐ Install and enable a firewall to prevent the abuser from uploading spyware to your computer
☐ Change your WiFi password

Items to take with you when you leave (do not go back for what you left behind)

☐ Keys to car, work, and home
☐ Extra clothes
☐ Medication (refill at CVS, Rite aid, Walmart, etc)
☐ Important documents for you and your children (ex. Passports, immigration papers, social security cards, etc)
☐ PPO, custody orders, divorce papers
☐ Pictures, jewelry, things that mean a lot to you
☐ Address book
☐ Things for your children (toys, blankets, etc)
☐ Insurance papers
☐ Lease/rental agreement
☐ Mortgage payment book, unpaid bills
☐ Car registration
☐ Welfare identification

*In italics – scan if possible, and send electronic copy to your email

I will take the following steps to protect myself and my children:

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