



Safety Plan – Domestic Violence Prevention

Name: _____

Date: _____

I HAVE THE RIGHT TO:

- Live in a safe environment, free from any kind of abuse (physical, verbal, emotional, sexual) or exploitation.
- Seek help from the authorities if I am a victim of abuse or violence.
- File for a protective order against someone who has threatened or abused me.



SAFE PLACES:

If I don't feel safe at home, I can go to one of these safe places. *(This could be a neighbor or trusted friend's house, a shelter, a police station, a store, a restaurant, or another public place, especially one that is open and crowded.)*

- _____
- _____
- _____
- _____

PEOPLE I CAN TRUST TO HELP ME:

When I need help, I can call these trusted people. *(Think about people who could help you with housing, money, transportation, emotional support, and childcare. These could include family members, neighbors, friends, your employer, coworkers, church pastor, etc.)*

- Name: _____ Number: _____
- Name: _____ Number: _____
- Name: _____ Number: _____
- Name: _____ Number: _____

THINGS TO BRING WITH ME IF I HAVE TO LEAVE QUICKLY:

- | | | |
|--|--|--|
| <input type="checkbox"/> Photo identification | <input type="checkbox"/> Protective order | <input type="checkbox"/> Medications |
| <input type="checkbox"/> My children's birth certificates | <input type="checkbox"/> Car insurance and registration documents | <input type="checkbox"/> Cash or credit card in my name |
| <input type="checkbox"/> Immigration and custody documents | <input type="checkbox"/> Important medical and educational records | <input type="checkbox"/> Change of clothing for myself and my children |
| <input type="checkbox"/> Cell phone and charger | <input type="checkbox"/> Health insurance paperwork | <input type="checkbox"/> House and car keys |

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IMPORTANT NUMBERS AND RESOURCES:

- Emergency: **911**
- National Domestic Violence Hotline: **800-799-7233**
- Local Domestic Violence Hotline: _____
- Local Domestic Violence Shelter: _____

- Local Police Station (*to make a report*): _____

- Local Court (*to file for a protective order*): _____

- Counseling Services: _____

- Other Resources:



Keep this plan in a safe place where your abuser will not find it.