



Safety Plan – Domestic Violence Prevention

For family case workers: This document serves as a guide with helpful questions when working with victims of domestic violence who need to create a safety plan.

Your Safety During a Violent Incident:

- If you decide to leave your home, what will you do? *(Practice how to leave safely. Identify which doors, windows, or stairs are best to use.)*
- Where can you keep your bag, keys, and a prepared suitcase to leave the house quickly?
- Who is a neighbor you can inform about the violence and ask to call the police if they hear disturbances coming from your home?
- What “code word” can you use with your children, family, neighbors, or friends to let them know you need them to call the police?
- If you need to leave your home immediately, where would you go? *(This could be a police station, a store, a restaurant, or another public place that is open and has people around.)*
- If you and your partner are likely to have an argument, where in your home can you go where there is less risk? *(Avoid arguments in the bathroom, garage, kitchen, near weapons, or in a room without access to an exit.)*
- What is the safety and supervision plan for your children when you are not with them? Teach your children how to use the phone to call 911.
- Trust your instincts and judgment. If the situation is too dangerous, consider giving the abuser what they want in the moment to calm them down.

Your Safety When Preparing to Leave Your Partner:

- What can you do now to increase your independence? *(For example, open a bank account under your own name, start earning or saving your own money.)*
- Who is someone you can talk to now to ask whether you can stay with them or if they can lend you money in an emergency?
- Who can you leave money, an extra set of keys, copies of important documents, medications, and extra clothing with?
- What items should you take with you when you leave your partner? *(See the list on the last page of this guide.)*

Your Safety with a Protective Order:

If you or your children have been threatened, you can go to the following court to request a protective order:

- Always keep the protective order with you.
- Call the police if your partner violates the protective order.
- Think about who you will inform about your protective order. *(For example: family, friends, neighbors, employer, church pastor, your child's school, etc.)*

Your Safety After Leaving Your Partner:

- What safety and supervision plan will you discuss with your children when they are not with you?
- Who are the people caring for your children and need to know who is authorized to pick them up? *(For example: school, daycare, teachers, babysitter, etc.)*
- Who is a neighbor you can inform that your partner no longer lives with you and they should call the police if they see them near your home? *(It's a good idea to inform your landlord as well.)*
- Secure windows and change the locks on the doors of your home.
- Do not tell the abuser where you live.
- Change your phone number.
- Update the privacy settings on your phone and social media accounts to avoid sharing your location with others.
- Talk to your children and others in your life to ensure they don't share your address, phone number, or current location with the abuser.

Your Safety in the Workplace and in Public:

- Who at work can you inform about your situation? *(Include security officers at your workplace. If possible, provide them with a photo of your abuser.)*
- Who can you ask to walk with you to and from your car, the bus, or the train?
- What routes can you take to and from your home and other places (work, stores) to avoid seeing your abuser? *(Consider taking varied routes.)*
- Where and when can you shop to avoid seeing your abuser? *(Consider going to different stores and at times when they are unlikely to be there.)*

Your Safety and Emotional Health:

- What motivates you in life?
- What are some things you can do to stay calm and manage stress?
- If you need to talk to someone for support, who can you call?

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 file a report*): _____
- Local Court (*to request a protective order*): _____
- Counseling Services: _____
- Other Resources: _____

Documents and Things to Take with You When You Leave Your Partner:

Identification:

- Driver's license
- Birth certificate
- Children's birth certificates
- Social security cards
- Passports
- Immigration documents

Legal Documents:

- Protective order
- Lease agreement or property deed
- Car registration and insurance documents
- Health and life insurance documents
- Medical records
- School records
- Work permit
- Divorce documents
- Child custody documents

Other Items:

- Medications
- Money or credit cards (*in your name*)
- Cellphone and charger
- Change of clothes for you and your children
- Address book
- Children's favorite toys and blankets
- Jewelry
- Photos and sentimental items
- Baby items (*formula, diapers, wipes, clothes*)
- House and car keys