

Safety Planning Check List

- I will have these important phone numbers available to my children and myself:

- I can tell _____ about the violence and ask them to call the police if they hear suspicious noises coming from my home.
- If I leave my home, I can go to (list four places):

- I can leave extra money, car keys, clothes, copies of documents with
_____ .
- To promote safety and independence, I can: keep change or a phone card for phone calls with me at all times; open my own savings account; rehearse my escape route with a support person; and review my safety plan on _____ (date).

Information/Items to take with you if you *leave* or have in your possession if you partner is *arrested/leaves*: (Remember, your safety is most important)

- **Identification:**
 - Driver's License
 - Children's Birth Certificate(s)
 - Social Security Card
 - Welfare Identification
- **Financial:**
 - Money and/ or Credit Cards
 - Bank Books
 - Checkbooks and/or ATM cards
 - Bank Account Numbers
- **Legal Papers:**
 - Restraining Order/ Stalking Order
 - Lease, Rental Agreement, House Deed
 - Car Registration
 - Health and Life Insurance Papers

- ❑ Medical Records for you and your children
- ❑ Work Permits/ Green Card/ VISA
- ❑ Passport
- ❑ Divorce & Marriage Papers
- ❑ Custody Papers

➤ **Other:**

- ❑ House and Car Keys
- ❑ Medications
- ❑ Small Salable Objects Jewelry
- ❑ Address Book
- ❑ Phone Card
- ❑ Pictures of you, children & abuser
- ❑ Small toys for children

SUGGESTIONS FOR INCREASING SAFETY - When the relationship is over:

- I can: change the locks, install steel/metal doors, get a dog, add a security system, have working smoke detectors, and add an outside lighting system.
- I will inform _____ and _____ that my partner no longer lives with me and ask them to call the police if he/she is observed near my home or my children.
- I will tell people who take care of my children, and my children themselves, the names of those who have permission to pick them up:

- I can tell _____ at work about my situation and ask _____ to screen my calls.
- I can avoid stores, banks and _____ that I used when living with my battering partner.
- If I feel down and ready to return to a potentially abusive situation, I can call _____ for support or attend workshops and support groups to gain support and strengthen my relationships with other people.