

Intimate Partner Abuse Safety Plan

It is important to have a safety plan in place before attempting to end an abusive relationship. During & after breakup are the most dangerous periods. If you are interested in taking legal action, you may be able to get a Protection Order through the court. If you are being assaulted or are afraid that an assault is about to occur, call 911.

- Plan 3-4 places you could go if you leave your home (including nearest police station, fire station or public place like a store or restaurant)
- Plan an escape route to get out of your home (memorize and practice from each room)
- Keep a bag packed of items you and your children need (clothes, shoes, diapers, toothbrush, etc.) in case you need to leave quickly. Put in an area you can get to or store at your safe place or at work.
- Collect copies of important papers for yourself and your children. Examples include:
 - Protective orders
 - House deed or lease
 - Car title
 - Registration & insurance
 - Health insurance
 - Medical records for you and your children
 - School records
 - Work permit
 - Permanent resident card
 - Visa
 - Passport
 - Divorce/custody papers
 - Marriage license
 - Tax return from the previous year
 - Drivers license
 - Birth certificate (yours and your children's)
 - Social security cards

- Keep spare money, credit cards, or open a separate account that abuser does not have access to. Consider bringing paperwork related to:
 - Loan or investment information
 - Checking & savings account

- Other items to remember:
 - Medication
 - Glasses
 - Hearing aids
 - Current pictures of you, your children, and your abuser

Create a network of people to assist in emergency, create code word/phrase for them to get you help if needed.

Make a habit of backing your car into the driveway. Try to always have some gas. Keep the driver's door unlocked and lock all of the other doors. Have a copy of the car key made and hide one in the car.

Keep an old cell phone charged. Can keep one in the house and one in the car. All phones will be able to call 911 even without plan/minutes.

Turn off Location on cell phone and on all apps that have location finder.

Resources:

National Domestic Violence Hotline:

800-799-SAFE (7233)

Call 24/7, or text "BEGIN" to 88788

California Mental Health Hotline:

866-903-3787

Available to call 24/7

WOMENSLAW: Available to assist with legal referrals.

Reachable via email at WOMENSLAW.org



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