Safety When Preparing to Leave

- Open a bank account and/or credit card in your name.
- Leave money, an extra set of keys, copies of important documents, extra medications, and clothing with someone you trust so you can leave quickly.
- Determine who would let you stay with them or lend you money.
- Review your plan often and remember that leaving can be a very dangerous time.

Checklist of Important Things to Take When You Leave

Identification

- [ ] Driver's license and passport
- [ ] Children's birth certificates
- [ ] Your Birth Certificate
- [ ] Social Security Cards
- [ ] Work permits/Visa

Financial

- [ ] Money and/or Credit Cards checkbooks
- [ ] Public Assistance Documentation
- [ ] Previous tax return
- [ ] Pay stubs
- [ ] Loan information

Other Important Documents

- [ ] Your protection order
- [ ] Lease agreement or house deed
- [ ] Registration and car insurance
- [ ] Life and health insurance documents
- [ ] Medical and immunization records
- [ ] Divorce and/or Custody Papers

Additional Items

- [ ] House and car keys
- [ ] Medicines
- [ ] Pictures of you and your children
- [ ] Photo of the abuser
- [ ] Changes of clothes
- [ ] Children's toys

STOP DV

Safety Planning

Safety Planning

Safety During an Explosive Incident

- Decide and have a plan for where you will go if you have to leave the house (even if you don't think you will).
- Practice how to get out of your house safely. Identify which doors, windows, elevators, or stairs would be best.
- Have a suitcase ready and store it at a relative's or friend's house so you can get out quickly. Use the included checklist to decide what is important to take with you.
- Identify one or more neighbors to whom you can report the violence and ask them to call the police if they hear a disturbance coming from your home.
- Make up a code word or signal to use with your children, family, friends, and neighbors when you need the police.
- If you think an argument or incident is about to occur, try to move to a room or area where you have access to an exit. Stay away from any weapons, the bathroom, kitchen, bedroom, or other rooms without an outside door or window.
- If necessary, call 911.

1 in 4 women and 1 in 9 men will experience domestic violence, sexual violence and/or be a victim of stalking in their lifetime.

Safety in Public

- Tell your coworkers and boss about your situation. If possible, provide them with a photo of your abuser.
- Make a safety plan for when you leave work. Ask someone to escort you to your vehicle. Use a variety of routes to and from work/home.
- Vary your routine. Go to different grocery stores, businesses, etc. If this is not possible, change the time and day that you perform these tasks.

Safety at Home

- Change the locks as soon as possible.
- Discuss a safety plan with your children for when you are not with them.
- Tell your children's schools who has permission to pick them up.
- Notify your neighbors and landlord that your partner no longer lives with you and to call the police if they are seen near your residence.

Safety with an Order of Protection

- Keep your protection order with you at all times. Give a copy to someone you trust.
- Call the police if your abuser violates the protection order.
- Give a copy of your protective order to our child's school or daycare.

Important Numbers to Have on Hand

The Rise House: (866) 358-2265
DV National Hotline (800)799-7233
Women and Children First: (800)332-4443