

Safety When Preparing To Leave

- ▶ Open a bank account and/or credit Card in your own name. Think of other ways to increase your independence.
- ▶ Leave money, an extra set of keys, copies of important documents, extra medicines and clothes 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 is 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 Papers

- Your Protection Order
- Lease Agreement or House Deed
- Car Registration and Insurance
- Health and Life Insurance Papers
- Medical and Vaccination Records
- Divorce and/or Custody Papers

Other Important Papers

- House and Car Keys
- Medications
- Pictures of Yourself and Children
- Photo of Abuser
- Changes of Clothing
- Children Toys



Safety Planning

Safety

Planning

Safety During An Explosive Incident

- ▶ Decide and have a plan for where you will go if you have to leave home (even if you don't think you will have to).
- ▶ Practice how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
- ▶ Have a packed bag ready and keep it at a relative or friend's home in order to leave quickly. Use the included checklist to decide what is important for you to take with you.
- ▶ Identify one or more neighbors you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
- ▶ Devise a code word or signal to use with your children, family, friends and neighbors when you need the police.
- ▶ If you believe an argument or incident is going 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.

Safety In Public

- ▶ Tell your co-workers and Boss about your situation. If possible, provide them with a photo of your batterer.
- ▶ Devise a safety plan for when you leave work. Have someone 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 do these tasks.

Safety At Home

- ▶ Change the locks as soon as possible.
- ▶ Discuss a safety plan with your children for when you aren't 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 see them near your residence.



The leading cause of injuries for women is abuse at home. Domestic violence injuries happen more often than car accidents, mugging and rape combined.

Safety With A Protection Order

- ▶ Keep your protection order with you at all times. Give a copy to someone you trust.
- ▶ Call the police if your batterer violates the protection order.
- ▶ Inform family, friends, neighbors and your physician that you have a protection order.
- ▶ Give a copy of your protection order to our child's school or daycare.



Important Numbers To Keep On Hand

The Rise Home (866) 358-2265
National DV Hotline (800) 799-7233
Women/Children First (800) 332-4443