

**SAFETY PLAN POCKET GUIDE**  
24 hour Domestic Violence and Sexual  
Assault Hotline:  
907-452-2293

**PLAN AHEAD**

- Develop a safety plan with your children
- Arrange to have a safe place to go
- Make copies of important documents and hide them
- Have important phone numbers available
- Create and hide an overnight or “go bag”
- Put aside money and spare keys

**DURING AN INCIDENT**

- Call for help (911)
- Get out if you can
- Stay close to doors and know your exits

**IF YOU CAN'T LEAVE THE SITUATION**

- Avoid rooms with only one exit
- Avoid the kitchen, bathrooms, and garage
- Call for help

**IN YOUR HOUSE**

- Change locks, secure doors and windows
- Arrange to have someone stay with you
- Change your phone number
- Obtain a protective order

**AT WORKPLACE, SCHOOL & IN PUBLIC**

- Inform your workplace, daycare and schools
- Change up your routine
- Plan ahead for unexpected contact with the abuser

WHAT YOU MAY WANT TO  
TAKE WHEN YOU LEAVE...

**IDENTIFICATION**

Drivers License  
Childs Birth certificate  
Your Birth Certificate  
Social Security Card

**FINANCIAL**

Money and/or card  
Checkbook  
SNAP/WIC cards

**LEGAL PAPERS**

Protective Order  
Lease, Rental Agreement, Deed  
Health and Life Insurance  
Medical and Immunization Records  
Work permits/Green Card/VISA  
Passport  
Divorce Papers  
Custody Papers

**OTHER**

House/Car keys  
Medications  
Cell Phone  
Any sentimental/personal



# Personal Safety Plan

Interior Alaska Center for Non-Violent  
Living  
907-452-2293

# Ideas For Staying Safe

While a safety plan can't guarantee safety, it can give us ideas of precautionary steps

## Safety During a Potentially Dangerous Incident

- If an argument seems unavoidable, try to have it in a room or area where you have access to an exit. Try to stay away from areas where weapons may be available. Eg: Kitchen, Garage
- Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.
- Have a packed bag ready it and keep it at a friend or relatives house.
- Identify at least one neighbor you can confide in and ask them to call law enforcement if they hear an incident.
- Think of a code word to use with your children, family, friends and neighbors, when you need support calling law enforcement.
- Decide and plan for where you will go if you have to leave home.
- Always Remember - YOU DO NOT DESERVE TO BE HIT OR THREATENED!

## Safety When Preparing to Leave

- Open a savings account in your own name to start to establish or increase independence.
- Leave money, an extra set of car keys, copies of important documents, extra medicines and clothes with someone you trust, or hidden in another place, so you can leave quickly.
- Determine who would be able to let you stay with them, or reach out to emergency shelter.
- Review your safety plan as often as possible in order to plan the safest way to leave. Remember - *leaving is the most dangerous time.*

## Safety In Your Own Home

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure windows.
- Discuss a safety plan with your children for when you are not with them.
- Inform your children's schools, childcare etc.. about who has permission to up your children.

## Safety With a Protective Order

- **Have a copy on you at all times**
- Give a copy to a friend or family member
- Call Law Enforcement if your partner breaks the protective order.

- Think of alternative ways to stay safe if Law Enforcement does not respond immediately.
- Inform family, friends, and health care providers that you have been granted a protection order.

## Safety on The Job and In Public

- Decide who at work you will inform about your situation. This can include office or building security if possible. Provide them with a photo.
- Devise a safety plan for when you leave work. Have someone escort you to your car or bus. Use a variety of routes when you go to and leave work.

## Safety and Emotional Health

- If you are considering returning to a potentially abusive situation, discuss your options with someone you trust. Eg, Friend or counselor
- If you have to communicate with your abuser determine the safest way to do so.
- Decide who you can call to talk to freely and openly to give you the support you need.
- Remember, You Are Not Alone