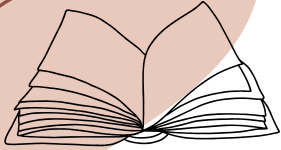


GO BAG



IMPORTANT DOCUMENTS

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- ID OR/AND BIRTH CERTIFICATE
- MY CHILDREN'S BIRTH CERTIFICATES
- SCHOOL AND VACCINATION RECORDS
- DEBIT CARD OR CASH
- SOCIAL SECURITY CARDS
- CAR REGISTRATION COPY
- WELFARE IDENTIFICATION, WORK PERMITS, GREEN CARDS
- DIVORCE PAPERS
- MEDICAL RECORDS
- PROTECTIVE ORDER

MEDICATIONS

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-

PERSONAL ITEMS

- ONE CHANGE OF CLOTHING FOR ME AND MY CHILDREN
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IMPORTANT NUMBERS

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My Safety Plan



Safety		Safe Phone Numbers
During an Argument	<ul style="list-style-type: none">• If I have to leave my house I will go to _____• I can tell _____(neighbor) to call 911 if they hear a suspicious noise from my house• I will keep my go bag safely _____• If I have to leave my home I will go to _____• When I suspect an argument coming I will move to _____(a place with exit windows, doors. Away from kitchen, bathroom, garage where weapons are more available)	Interior Alaska Center for Non-Violent Living: 907 452 2293
When Preparing to leave	<ul style="list-style-type: none">• I will leave money and an extra set of keys with _____• I will keep a copy of important documents and a spare car key _____• I will open a savings account to increase my independence• I can leave extra clothes and money with _____• I will check with _____ to see if I can stay with them or call the DV shelter at 907 452-2293• I will rehearse my escape plan and practice with my children	_____ _____
In My Residence	<ul style="list-style-type: none">• I can change locks on doors and windows• I can install security systems like poles to wedge against doors, a camera or extra locks• I can inform schools, childcare about who has permission to pick up my children and ask them to contact me if my dangerous partner arrives	_____ _____
At Work And In Public	<ul style="list-style-type: none">• I can inform my boss and supervisor _____ of my situation• I can ask _____ to help screen calls at work• When leaving work I can take alternate routes• If I am being followed I can drive to the police station• If I use public transportation I can bring a buddy• I can go to different shops and grocery stores at different times to make tracking my whereabouts more difficult	_____
With A Protective Order	<ul style="list-style-type: none">• I will keep a copy of my protective order with me at all times in my _____• I will give a copy to all police departments in my area• I will inform my employer if my place of work is protected in my order and ask them to call the police if my perpetrator shows up• If the police do not help I can contact an Advocate at 907 452 2293• If my protective order is violated I will contact the police. Even if they do not do anything it will leave a paper trail.	_____
Drug and Alcohol use	<ul style="list-style-type: none">• If I am going to use I can leave my children with my sober friend _____• If substances increase my partners likeliness to hurt me I can stay close to exits, keep my phone on silent in my pocket, or leave and go to my safe friend or family member _____	_____



Safety in Rural Areas

SIMPLE GUIDE

It may take law enforcement a

1 long time to get to you

- If you call law enforcement try to get to a safe place to wait for them to arrive. Maybe a trusted friend or family member who can help keep you safe.
- If you decide to leave your abuser, think about leaving the area, at least for a little while, for your safety.

2 Transportation Barriers

- Make a plan with a trusted friend who can give you a ride if you are on the road system.
- Contact your closest domestic violence agency, they may be able to help pay for flights out of your village and provide support safety planning.
- If there is local law enforcement, can they help escort you places?

3 Easy access to firearms/weapons

- Due to the importance of subsistence in our villages and rural areas, there may be more weapons in the home than in urban areas. Know where knives, guns, other hunting gear are kept and attempt to move arguments away from those areas.

4 Safe places may be far away

- If you live rurally off the road system, your nearest neighbor may be miles away. Keep a full tank of gas and warm clothes in your vehicle.
- Know where your closest neighbors are in case you ever need to stop for help

5 The DV shelter may not be in a confidential location

- Be aware that your abuser and other people may know where the shelter is located. Safety plan around this. Ask advocates for extra support if this becomes an issue in your situation.