



Safety Plan

Prepare A Safe Room In Your House

- Install inside locks on a door
- Plan barricades
- Choose a room with a window
- Have a telephone in that room; get a cordless phone
- Arrange a signal for help with a neighbor
- Remove weapons
- Create a list of emergency phone numbers
- Create a code phrase for when you need to call a family member or a friend for help

Find A Safe Shelter And Know How You Will Get To It

- Arrange to stay with friends or family
- Call the closest shelter
- Decide whether or not you will take the children with you when you leave or what arrangements you will make to ensure the safety of your children

Document the Abuse

- Keep a journal (make sure it's hidden)
- Get photos taken of damage to yourself/property
- Get medical attention and have it written in medical records
- Show injuries to a friend
- Make copies of bills for damage to property
- Make copies of hospital bills
- Know what your legal options are (i.e., protective order, calling police, etc.)

Pack a Suitcase

What to Take with You:

- All identification on yourself and children: birth certificates, immigration papers, driver's licenses, insurance ID, voter's registration, social security cards, school ID
- Credit Cards
- Welfare Papers
- Insurance papers: car, home, health
- Appointment books/calendars/address books
- Legal papers: adoption papers, marriage licenses, divorce decrees, police complaints, income tax returns, school records, professional licenses, diplomas, rental agreements/house mortgage papers, green card, passport, car title & registration etc.
- Medical records: especially children immunization records, dental records, clinic cards
- Money
- Bank books, check books, safety deposit box key



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What to take with you (continued...)

- Prescriptions/medications
- Key: house, garage, car, cabin, boat, motorcycle, etc.
- Membership cards: trade unions, shopping cooperatives, library, discount
- Small salable items
- Photographs and albums
- Favorite toys for kids
- Favorite possessions for self
- Pets
- Favorite clothes: shoes, socks, underwear, nightwear, diapers, toiletries, clothes for children, etc.
- Food: small non-perishable items

By planning ahead, you can bring many things with you. However, the most important thing to remember is your safety and the safety of your children. Be ready to take only the most necessary items if you have to leave in a hurry.

Please consider...

1. Not leaving a note
2. Setting out food for animals left behind.
3. Hiding all weapons
4. Not leaving doodles, notes, calling cards, shelter information, bus tickets or airline information.
5. Moving furniture into storage.