

Suggestions for Increasing Safety—in the Relationship

- I will have important phone numbers available to my children and myself.
- I can tell _____ and _____ about the violence and ask them to call the police if they hear suspicious noises coming from my home.
- If I leave my home, I can go to (list four places) _____, _____, _____, or _____.
- I can leave extra money, car keys, clothes, and copies of documents with _____.
- If I leave, I will bring _____ (see checklist below).
- To ensure safety and independence, I can keep change for phone calls with me at all times; open my own savings account; rehearse my escape route with a support person; and review safety plan on _____ (date).
- I can change the locks; install steel or metal doors, a security system, smoke detectors, and an outside lighting system.
- I will inform _____ and _____ that my partner no longer lives with me and ask them to call the police if he or she is observed near my home or my children.
- I will tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are _____, _____ and _____.
- I can tell _____ at work about my situation and ask _____ to screen my calls.
- I can avoid stores, banks, and _____ that I used when living with my battering partner.
- I can obtain a protective order from _____. I can keep it on or near me at all times as well as have a copy with _____.
- If I feel down and ready to return to a potentially abusive situation, I can call _____ for support or attend workshops and support groups to gain support and strengthen my relationships with other people.

Important Phone Numbers

Police

Hotline _____

Friends _____

Shelter _____

Checklist of Items to Take

- Identification
- Birth certificates for me and my children

- ▪Social Security card
- ▪School and medical records
- ▪Money, bank books, credit cards
- ▪Keys to house, car, office
- ▪Driver's license and registration
- ▪Medications
- ▪Change of clothes
- ▪Welfare identification
- ▪Passport(s), green card, work permit
- ▪Divorce papers
- ▪Lease or rental agreement, house deed
- ▪Mortgage payment book, current unpaid bills
- ▪Insurance papers
- ▪Address book
- ▪Pictures, jewelry, items of sentimental value
- ▪Children's favorite toys and/or blankets