



SAFETY PLAN

Domestic Violence Program

During a DV incident:

- Stay in an area with an exit and avoid letting the other person get between you and the exit.
- Avoid rooms with weapons, such as the kitchen.
- Stay away from the bathrooms, closets or small spaces where abuser can trap you
- Get to a room with a phone to call 911 for help
- Tell trustworthy neighbors about the violence. Ask them to call the police if they hear or see any disturbance.
- Have a code word or signal to use with your children, family, friends, and trustworthy neighbors when you need police.
- Trust your instincts and judgment. You have the right to protect yourself until you are out of danger.
- Get medical attention
- Take pictures of bruises, scrapes, cuts, etc.
- Make a police report

Safety When Preparing to Leave

- Establish your independence. Open savings and credit card accounts in your name only and specifically instruct institutions that your partner is not to have access.
- Leave money, extra keys, copies of important documents, extra medicine and clothes with someone you trust so you can leave quickly.
- Determine safe people you can stay with and plan leaving with.
- Review and rehearse your safety plan.
- Keep a packed bag at a trusted relative's or friend's home.
- Plan where you will go if you have to leave.

Safety at Home:

- Obtain a Restraining Order from your local Court
- Change the locks on your doors. Landlords may be legally obligated to change locks if you experience DV.
- Get an unlisted phone number/confidential address. Visit: www.sos.ca.gov/safeathome/about-safe-at-home.htm
- Keep a phone close by (cellular or house phone)
- Install security lighting, if possible
- Install an alarm system, if possible
- Inform neighbors and landlord that your partner no longer lives with you and to call the police if they see them near your home.
- Keep a bag packed of items you need in case you need to leave quickly. Put it in an area you can get to or give it to a neighbor you trust (include clothes, spare keys, cash, ID, and legal documents)
- Plan an escape route to get out of your home (memorize and practice it)
- Take a self-defense class

Safety with a Restraining Order

- Keep your protective order on you at all times, and give a copy to a trusted neighbor, friend or family member.
- Call the police if your abuser violates the protective order.
- Think of alternative ways to keep safe if the police do not respond right away.
- Inform family, friends, neighbors and health care providers that you have a restraining order in effect.

Children and Safety:

- Discuss and practice a safety plan with your children for when you are not with them.
- Make sure your children know how to call 911
- Make sure your kids know not to get in the middle of a fight
- Give a copy of the protective order to your children's school
- Inform your children's schools or caregivers who has permission to pick up your children.



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- Make sure your children are aware of your escape plan, if necessary
- Make sure your children have an emergency contact
- Inform your children the importance of not posting on social media if you are fleeing

Safety at work:

- Decide who at work you will inform of your situation, include building security.
- Provide a photo of your abuser for quick identification.
- Screen your telephone calls.
- Devise a safety plan for leaving work, such as exiting through the back door.
- Have someone escort you when leaving and wait with you until you are safely driving.
- Go to lunch with co-workers
- Use a variety of routes to go home.
- Rehearse what you would do if something happened while going home, such as picking a safe place to go to.
- Create a safety routine when you arrive home: checking your house and property, checking in with someone to let them know you are safe, etc.

Internet and Computer Safety

- Remember that all computer and online activity may be monitored.
- If you are planning to flee to a particular location, don't search for jobs, apartments, bus tickets, etc. for that place.
- Use a computer in a public library, at a trusted friend's house, at an internet cafe, or any other public terminals.
- Abusers may also track your activity and whereabouts through your cell phone; if you think there a chance this may be happening, take your phone into your provider or a support store and have it checked.
- If your phone has been compromised and you get a new one, do NOT update your phone from the cloud.

Checklist: What You Should Take When You Leave

Legal Papers

- Restraining order/stalking order
- Lease, rental agreement, house deed
- Car registration
- Health and life insurance cards
- Divorce papers
- Custody papers

Other

- House and car keys
- Medications
- Valuables, photos, etc.
- Address book
- Phone card/safety cell phone
- Clothes, blankets, small toys for children
- Clothes, hygiene necessities, etc. for yourself

Identification

- Driver's license
- Children's birth certificates
- Social security card
- Self-sufficiency/disability identification

Papers

- Medical records for you and your children
- Work permits/green card
- VISA