



DOMESTIC VIOLENCE SAFETY PLAN

Safety Plan for Preparation to Leave

Call shelter and let them know and let them know you are ready to leave.

Do you have a car or other transportation? Yes/No

Do you have or can you gather the following information?

- * Identification for you and your children (birth certificates, passports, immunization records)
- * School records for your children
- * Money
- * Bank cards, bankbook, credit cards, financial documents
- * Passports and immigration papers (where applicable)
- * Medications, copies of prescriptions
- * Lease/rental agreement, house deed
- * Address book
- * Personal and children's own special items/toys etc. (photographs, keepsakes)
- * Extra diapers, formula, necessary items for infant care

Personalized Safety Plan: When planning to leave

1. I will choose the code word _____ and tell _____ (my children, a neighbor or friend, family members) so they will know to call police if I use that word.

2. I will arrange emergency transportation with _____.
I will keep my car parked _____ in a way that will be easiest to leave quickly.

3. I will lock up any weapons (guns, knives, baseball bat etc.) or store them where it will be harder to get these weapons. I will put _____ in _____.

4. I will plan an escape route with my children as follows. I will tell them it is a disaster plan so they will not alert my partner that we might leave.

My plan is _____ continue on the back of this page.

5. I will tell _____ and _____ (friend, neighbor, family) about the violence in my home and ask them to call the police if they hear my code word or notice that anything unusual is happening.



6. I will go to the following safe place _____ or _____
if I have to leave my home (friend, neighbor, relative, motel, shelter).

7. I will open my own bank account at _____ and leave my records with
_____. (friend, family) or hidden in _____.

8. I will set aside money in _____ (empty lipstick tube or other unpredictable place, at
a friend's house).

9. I will put copies of important papers, birth certificates, social insurance number, health care
numbers in _____ (a safety deposit box, at a friend's house, the trunk
of my car).

10. I will be aware of my children's ability to keep information confidential and will be careful
to not share or have them overhear information that I do not want other people to know. This
would include information such as

(plans to leave, location of extra keys, important papers, name and location of a friend who has
agreed to help).

11. I will hide an extra car key in _____ where I can easily get it in a
hurry. I will also keep my purse _____ where I can quickly grab it.

12. I will have extra key(s) cut by this date _____ (example of keys – house, car,
mailbox, safety deposit box, garage).

I will have important papers photocopied by this date _____
(examples include birth certificates, immigration papers, passports, health care cards, social
insurance number, lease or house deed, prescriptions).

I will have safety plan prepared and practiced by this date _____.

I will have a bank account opened by this date _____.

I will have talked to friends and/or family and/or neighbor by this date _____.

I will have essential papers or photocopies, some clothes, special toys and keepsakes
(photographs), medication packed and stored at _____ by this date



_____.

13. I will review my safety plan every _____(week, month).