

## What you need to take when you leave

### Identification

- ☐ Driver's license
- ☐ Birth certificate
- ☐ Children's birth certificates
- ☐ Social security cards

### Financial

- ☐ Money and/or credit cards (in your name)
- ☐ Checking and/or savings account books

### Legal Papers

- ☐ Protective order
- ☐ Lease, rental agreement and house deed
- ☐ Car registration and insurance papers
- ☐ Health and life insurance papers
- ☐ Medical records for you & your children
- ☐ School records
- ☐ Work permits/green card/visa
- ☐ Passport
- ☐ Divorce and custody papers
- ☐ Marriage license

### Other

- ☐ Medications
- ☐ House and car keys
- ☐ Valuable jewelry
- ☐ Address book
- ☐ Pictures and sentimental items
- ☐ Change of clothes for you & your children
- ☐ Other

## About The Hotline

The National Domestic Violence Hotline is the only national organization that directly serves victims of domestic abuse, their friends and family. Highly-trained, expert advocates are available 24/7 by phone to talk with anyone who is affected by physical, emotional, verbal, sexual or financial abuse. The Hotline also offers an online chat service at [www.thehotline.org](http://www.thehotline.org) that is available every day from 7 a.m. – 2 a.m. CST.

Our services are **completely free and confidential**. We offer lifesaving tools, immediate support and hope to empower victims to break free of abuse.



**CALL 24/7**

1.800.799.SAFE (7233)



**TTY 24/7**

1.800.787.3224



**CHAT**

every day 7 a.m. – 2 a.m. CST

[www.thehotline.org](http://www.thehotline.org)

The National Domestic Violence  
**HOTLINE**

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**FREE  
CONFIDENTIAL  
24/7/365**



1.800.799.SAFE (7233)



## Safety Planning

*Safety Plans Can Save Lives*

- Identification
- Financial
- Legal Papers
- Other





## What is a Safety Plan?

A safety plan is a **personalized, practical plan** that includes ways to remain safe while in an abusive relationship, while you're planning to leave or after you leave. Safety planning involves how to cope with emotions, tell friends and family about the abuse, take legal action and anything else relevant to your unique situation. A good safety plan will have all of the vital information you need, and it will help walk you through different scenarios.

At The Hotline we **safety plan with victims**, friends and family members — anyone who is concerned about their own safety or the safety of someone else.



## Why is having a Safety Plan important?

A thorough safety plan can provide **clarity and strength** for a person living in an abusive relationship. For family and friends of an abuse victim, a safety plan is a powerful tool for providing emotional support or physical safety. Should a situation ever escalate to life-threatening, a safety plan can become **absolutely essential to survival**.

Our advocates provide assistance with safety plans for a variety of situations, such as:

**Safety planning while living with an abusive partner.** A safety plan could include identifying the safest places in your home, practicing how to get out of the house safely, keeping weapons locked away and/or letting a support network know about the situation.

**Safety planning with children.** When children are involved, it's important that a safety plan outline ways to keep the children safe. This could include teaching them how to call 911, identifying a "safe room," planning for unsupervised visits and/or planning for safe custody exchanges.

**Safety planning with pets.** A pet is often a cherished member of the family, and safety plans can include them, too. Safety planning with pets might include taking steps to prove ownership of your pet, finding temporary care with a vet, friends or family and/or finding a shelter that accepts pets.

**Safety planning during pregnancy.** Pregnancy can be an especially dangerous time for women in abusive relationships. Safety planning could include speaking with health care providers, how to physically protect yourself in a violent situation and/or finding ways to receive the support and care you need.



Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion or gender. If you or someone you know is in an abusive relationship, or if you have questions about abuse, we can help.

**1-800-799-SAFE (7233)**

[thehotline.org](http://thehotline.org)



**love is respect** [Norg](http://Norg)

**1-866-331-9474**

[loveisrespect.org](http://loveisrespect.org)

text "loveis" to 22522

## Safety Planning

*Safety Plans Can Save Lives*

- Planning with children
- Planning with pets
- Planning during pregnancy





## You have a right to be safe!

*No one deserves to be hit or threatened. If you are being hurt by someone you love, consider making plans to help keep yourself and your children safe. Here are some suggestions that have helped other people in situations like yours.*

### Safety during an explosive incident

- Practice getting out of your home safely. Identify which doors, windows, elevator or stairwell to use.
- Pack a bag and have it ready at a friend's or relative's house.
- Identify one or more neighbors you can tell about the violence, and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends and neighbors when you need the police.
- Decide and plan where you will go if you ever have to leave home.
- Use your instincts and judgment. In some dangerous situations, it may be safest to give the abuser what they want to calm them down.

### Safety when preparing to leave

- Open a checking or savings account in your own name.
- Leave money, an extra set of keys, copies of important documents and extra clothes and medications in a safe place or with someone you trust.
- Open your own post office box.
- Identify a safe place where you can go and someone who can lend you money.
- Always keep the shelter phone number, a calling card or some change for emergency phone calls with you.
- If you have pets, make arrangements for them to be cared for in a safe place.

**Remember: You are the expert of your situation. Use these tips only if you feel safe doing so.**

### Safety with a protective order

- If you or your children have been threatened or assaulted, you can request a protective order from the District/County Attorney's Office.
- Always keep your protective order with you.
- Call the police if your partner violates the protective order.
- Inform family members, friends and neighbors that you have a protective order in effect.
- Think of alternative ways to keep safe if the police do not respond immediately.

### Safety in your own residence

- If you stay in your home, lock your windows and change the locks on your doors as soon as possible.
- Develop a safety plan with your children for times when you are not with them.
- Inform your children's school, day care, etc. about who has permission to pick up your children.
- Inform neighbors and the landlord that your partner no longer lives with you, and that they should call the police if they see him/her near your home.
- Never tell the abuser where you live. Never call the abuser from your home because the abuser may find out where you live.
- Request an unlisted/unpublished number from the telephone company.

### Safety on the job and in public

- Inform someone at work of your situation. Include the security officers at work and provide them with a picture of your partner.
- Have someone screen your telephone calls at work.
- Have someone escort you to and from your car, bus or train.
- Use a variety of routes to come and go from home.

## Safety Planning

*Safety Plans Can Save Lives*

- During an Incident
- When preparing to leave
- With a TRO/FRO
- In your residence
- At place of employment
- In public





# SAFE HOUSING

\*Contact hotline staff when considering safe housing for victim & do not make promises\*

- Safe Housing is reserved for those in IMMINENT danger
- Safe Housing is a communal environment
- Safe Housing might not be right for everyone
- Safe Housing requires Safe House Request to be completed & approved by a SERV Supervisor
- Safe Housing usually starts with victims county of residency
- Safe Housing is temporary and goal oriented



# Tech Safety App

*Your Technology. Your Privacy. Your Safety.*

Tech Safety App

<https://techsafetyapp.org/home>