



# SAFETY PLAN CHECKLIST

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No one deserves to be abused! If you are in an abusive relationship and are afraid, here are some helpful hints that can help keep you safe. If at any time, you are in a scary situation and you fear for your safety or the safety of others call 9-1-1. Get these items and documents together and have them readily available. Keep them at a neighbor's or family member's house.

## **Identification**

- Driver's License
- Birth Certificate (yours and your children's)
- Social Security Cards

## **Financial**

- Money (both cash, some change and any credit cards in your name)
- Checking and savings account information
- Loan/investment information

## **Legal Papers**

- Protective order
- House deed, or lease/rental agreement
- Car title, registration and insurance
- Health/life insurance information
- Medical records for you and your children
- School records
- Work permit / Permanent Resident Card / Visa / ITIN number / Passport / Matricula Consular
- Divorce and custody papers
- Marriage license
- Tax return from previous year

## **Other Items**

- Medications, glasses and hearing aids
- Additional house and car keys
- Safety deposit box key
- Valuable jewelry

- Address book
- Change of clothes for you and your children
- Current pictures of you, your children, and your abuser
- Vaccination/immunization information
- Camera (disposable or other)
- Appointment book/calendar

## **REMEMBER, YOU NEVER DESERVE TO BE HIT OR THREATENED**

## **Your Safety**

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows. Consider adding outside security lighting if possible. Purchase rope ladders if needed.
- Request a new, unlisted phone number.
- Never tell your abuser where you live. Tell your children to do the same.
- Discuss a safety plan with your children. Inform them where to go and what to do if the abuser shows up.
- Inform your neighbors, landlord, neighborhood watch program, and anyone else who you feel may be helpful, that your abuser does not live with you and that if they see him they should call the police.
- Call the police if your abuser threatens you, your children or your home.

- ❑ Tell your children’s school, day care, etc., who has your permission to pick up the children.
- ❑ Use an answering machine or Caller ID to screen your calls.

## **Safety During an Explosive Incident**

- ❑ Try to position yourself in a room with an exit — a window or a door leading outside. Try to stay away from the bathroom, kitchen or any other room that may contain weapons or hard surfaces.
- ❑ Try to get to a room that has a phone, or get a cell phone to take with you if possible.
- ❑ Devise a 911 code word to use with your neighbors, children, family and/ or anyone else that may hear an argument. Inform anyone who may hear your voice during an argument that if they hear the 911 code word they should call police immediately.
- ❑ Plan a safe route ahead of time to leave your home. Practice exiting your home through identified doors and windows—plan which elevator or stairwell would be best to use. If you cannot physically practice your escape then visualize it several times.
- ❑ Pack a bag with the “Checklist” items. Keep this bag either at a friend’s or family member’s house so you can pick it up quickly and easily.
- ❑ Plan where you will go if you leave your house and how you will get there.
- ❑ Use your own instincts and judgment. If the situation becomes very dangerous, consider doing whatever is necessary to calm the abuser down.
- ❑ Tell your children to never get involved during an argument between you and your abuser.

## **Safety With a Protective Order**

- ❑ Keep a copy of your Protective Order on you at all times.

- ❑ Make copies of your Protective Order and give them to your employer, co-workers, family, neighbors, teachers, friends and church officials. Keep a copy in your car.
- ❑ Call the police if your abuser violates your Protective Order.
- ❑ When police respond, obtain the officer’s name and badge number. You should not clean yourself or your house, nor do anything that might alter any evidence until it has been documented by the police.
- ❑ Keep a notebook with you at all times to document any violations of your protective order. Write down the names of anyone involved, the time and place of the incident, if the police responded and any other information you think is important.
- ❑ Think of alternative ways to stay safe if the police do not respond immediately.

## **Safety at Work**

- ❑ Inform someone at work of your situation. Include the security officers—provide them with a picture of your abuser.
- ❑ Don’t go to lunch alone.
- ❑ Arrange to have someone screen your calls or use caller ID or an answering machine.
- ❑ Have someone escort you to and from your car, bus or taxi. If necessary, trade vehicles with a friend so your batterer will not recognize your car.
- ❑ If possible lock the office if you are alone.
- ❑ Park your car in a well lighted, visible area.
- ❑ Use a variety of routes to go to and from work.

## **Safety in Your Home**

- ❑ Go to different grocery stores, businesses and banks if possible. If this is not possible, change the time of

- day in which you frequent these places.
- Use a variety of routes when going to and from home.
- When possible have someone escort you to your car.
- Try to park in well lighted, visible areas.
- Remain aware of your surroundings at all times.
- Pick “safe” places to go ahead of time, if something happens while you are out of your home.
- Try to get rides with different people.

## **Safety When Preparing to Leave**

- Open a savings account in your own name to establish or increase your independence. Ensure that your statement is sent to a safe address.
- Get your own post office box using a safe permanent address.
- If you have pets, make arrangements for them to be cared for in a safe place.
- Gather the items on the “Checklist” and have them stored at a friend or family member’s house.
- Determine who would be able to let you stay with them or to lend you money.
- Keep the shelter/hotline numbers and some change or a calling card with you at all times. Consider getting a cell phone if possible.
- Review your safety plan as often as possible in order to plan the safest way to leave your abuser.
- If you plan to use a computer to learn more about leaving, please ask someone knowledgeable about the dangers that may be associated with doing so.

**REMEMBER, LEAVING YOUR ABUSER CAN BE A VERY DANGEROUS TIME**

## **Your Safety and Emotional Health**

- If you are planning to return to a potentially abusive situation, discuss an alternative plan with a person you trust.
- If you must communicate with your abuser, determine the safest way to do so.
- Be assertive with others about what you need.
- Don’t be afraid to call the police and to ask for medical treatment. Photograph all injuries.
- Decide who you can call to talk to freely and openly, someone who can give you the support you need.
- Plan to attend a victims’ support group to gain support from others and to learn more about yourself and the relationship.
- Keep a journal. This journal can also be used to document any Protective Order violations, specific incidents of abuse and any other important information you want to record. Record all contact with the batterer. Always keep this journal away from your abuser. You may want to keep it at your office or at a friend or family member’s house. Save all messages/recordings from batterer.

## **Safety in Public**

- Go to different grocery stores, businesses and banks if possible. If this is not possible, change the time of day in which you frequent these places.
- Use a variety of routes when going to and from home.
- When possible have someone escort you to your car.
- Try to park in well lighted, visible areas.
- Remain aware of your surroundings at all times.
- Pick “safe” places to go ahead of time, if something happens while you are

- out of your home.
- ☐ Try to get rides home with different people.

## **Police**

9-1-1

## **Utah's Statewide Domestic Violence Info Line (For information about domestic violence services, statewide)**

1-800-897-LINK (5465)

## **Surrounding State's Hotline Numbers**

Idaho: 1-800-669-3176

Nevada: 1-800-500-1556

Arizona: 1-800-782-6400

Wyoming: 1-800-990-3877

Colorado: 1-800-778-7091

## **Nationwide Domestic Violence Hotline**

1-800-799-SAFE (7233)

1-800-787-3224 (TTY for the deaf)

## **Crime Victim Reparations**

1-801-238-2360

1-800-621-7444

VINE (Jail Release Information)

1-877-UT4-VINE (1-877-884-8463)