

Safety Planning

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 (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 my safety plan on _____ (date).

Suggestions for increasing safety - When the relationship is over

- I can: change the locks; install steel/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 she/he 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 leave 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.

If I have animals I can leave them with _____ or _____.

Important Phone Numbers

Police 911 or 508-228-1212

A Safe Place Hotline 508-228-2111

MA Statewide Hotline: 877-785-2020

National Domestic Violence Hotline 800-799-SAFE (7233)

Items to Take Checklist

- Identification
- Birth certificates for me and my children
- Social Security cards
- School and medical records
- Money, bankbooks, credit cards
- Keys - house/car/office
- Driver's license and registration
- Medications
- Change of clothes
- Welfare identification

- Passport(s), Green Card(s), work permits
- Divorce papers
- Lease/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
- Cell Phone