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 _________________.

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)

☐ 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