



Sample Safety Plan

In the Relationship

- I will have important phone numbers available to protect my children and myself.
- I will teach my children how to use the telephone to contact the police.
- 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 home I can go (list 4 places):
- I can leave extra money, keys, clothes, and copies of documents with _____.
- If I leave, I will take (see checklist).
- To ensure safety and independence, I can: Keep change for phone calls with me at all times, Open my own savings or credit card account, Rehearse my escape route with a support person, and Review my safety plan on _____ (date).
- The domestic violence shelter's hotline number is _____. The rape crisis phone number is _____.

When the Relationship is Over

- I can: Change the locks, Install steel/metal doors, Buy a security system, Check my smoke detectors, and Get an outside lighting system.
- I will inform _____ and _____ that my partner no longer lives with me and ask them to call the police if he/she is seen 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 banks, stores, and _____ that I used when living with my abusive partner.
- I can obtain a protective order from _____. I can keep it on or near me at all times as well as leaving a copy with _____.

- ❑ If I feel down and ready to return to a potentially abusive situation, I can call _____ for support groups or attend workshops to strengthen my relationships with other people.

Checklist

- ❑ Driver's license
- ❑ My birth certificate
- ❑ Children's birth certificates
- ❑ Social Security Cards
- ❑ Money
- ❑ Work permits/Green Card/VISA
- ❑ Passport(s)
- ❑ School and Medical records
- ❑ Credit cards
- ❑ Bankbooks
- ❑ Checkbooks
- ❑ Welfare documentation
- ❑ Tax return from previous year
- ❑ Pay stubs
- ❑ Loan information
- ❑ Your protection order
- ❑ Lease, rental agreement, or house deed
- ❑ Car registration and insurance papers
- ❑ Health and Life insurance records
- ❑ Divorce papers
- ❑ Custody papers
- ❑ Power of Attorney documents
- ❑ Mortgage payment book/current unpaid bills
- ❑ House and car keys
- ❑ Medications for me and my children
- ❑ Address book
- ❑ Phone cards
- ❑ Clothing
- ❑ Pictures of me, my children, and the abuser
- ❑ Jewelry
- ❑ Items of sentimental value
- ❑ Small items I may be able to sell/pawn if I need money
- ❑ Children's favorite toys, books, blankets

I CAN KEEP THE ITEMS CONCERNING ME IN ONE, SAFE LOCATION. IF I HAVE TO LEAVE IN A HURRY, I CAN GRAB THOSE ITEMS QUICKLY.

Information adapted from The Aurora Center for Advocacy and Education of the University of Minnesota, the Arkansas Legal Services Partnership (1-800-9-LAW AID or www.arlegalservices.org), and the Arkansas Coalition Against Domestic Violence (www.domesticpeace.com)

STAR Central – Office of Support, Training, Advocacy, & Resources on Sexual Assault and Relationship Violence
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