Domestic Violence Safety Plan Checklist

Use the following checklist to help create a safe environment before and after a domestic violence incident:

During a DV Incident:

- Stay away from the kitchen where the abuser has access to weapons.
- Stay away from bathrooms, closets, or small spaces where the abuser can trap you. Get to a room with a phone to call 911 for help.
- Get medical attention.
- Take pictures of bruises, scrapes, cuts, etc.
- Make a police report.

Safety Plan

1. Plan 3-4 places you could go if you leave your home (including the nearest police station, fire station, or public place like a store or restaurant)
2. Plan an escape route to get out of your home (memorize and practice from each room).
3. Keep a bag packed with items you and your children need in case you need to leave quickly. Put it in an area you can get to or store it at your safe place or at work.
4. Collect copies of important papers for yourself and your children.
5. Keep spare money, credit cards, or open a separate account that the abuser does not have access to.
6. Create a network of people to assist in an emergency, and create a code word/phrase for them to get you help if needed.
7. Make a habit of backing your car into the driveway. Try to always have some gas. Keep the driver's door unlocked and lock all of the other doors.
8. Have a copy of the car key made and hide one in the car.
9. Keep an old cell phone charged. Keep one in the house and one in the car. All phones will be able to call 911 even without a plan/minutes. Or consider hiding a prepaid cell phone to use in emergencies.
10. Turn off Location on the cell phone and on all apps that have a location finder.

Other options:

- Obtain a Protective Order. Keep a copy on you, near the door, with a family member/neighbor/at work, or in your car. Give a copy to the children's school.
- Get a new phone with a different number.
- Change locks.
- Know your neighbors and inform them that your abuser is not allowed near your home. Install security lighting, if possible, and an alarm system.
- Keep a written list of important phone numbers with you.
- Make sure your children know how to call 911.