

# Domestic Violence Safety Plan

## Overview:

A Domestic Violence Safety Plan is a personalized strategy designed to enhance the safety of individuals experiencing domestic violence. It's a practical guideline that helps to anticipate potential risks, plan responses, and gather resources to mitigate harm.

## 1. Recognize the Warning Signs

Identify the triggers or events that typically precede violent episodes. Make note of your partner's behaviors or attitudes that often lead to violence.

## 2. Emergency Contacts

Keep a list of critical phone numbers, including:

- Local police
- Local domestic violence hotline
- Trusted friends and family members
- Local shelter

## 3. Escape Plan

Outline a plan to leave your home safely if a situation becomes dangerous. Consider escape routes from each room in your home and designate a safe place to meet with your children if you get separated.

## 4. Safe Places

Identify safe places you can go to in an emergency. This could be a friend's house, a family member's house, a hotel, or a local shelter.

## 5. Important Documents and Items

Prepare an emergency bag with essentials and keep it in a safe, accessible location. Include the following:

- Identification documents (ID, passport, birth certificate)
- Legal documents (divorce papers, custody orders, protection orders)
- Financial documents (bank statements, credit card information, insurance policies)
- Keys (house, car)
- Medication
- Clothes
- Money

## **6. Securing Communication**

Your abuser could monitor your cell phone and computer. Always clear your browsing history, use private browsing mode, and change passwords regularly. Be cautious of what you share on social media.

## **7. Create a Support Network**

Inform a select group of trusted individuals about your situation. This could include friends, family, or neighbors. Establish a code word or signal that means you're in danger and need help.

## **8. Workplace and School Safety**

Inform your workplace and your child's school about the situation. Provide them with a copy of any restraining orders and ask them to restrict your abuser's access.

## **9. Seek Legal Advice**

Reach out to a legal advocate who can inform you of your rights and help you with any necessary legal steps, such as applying for a protection order.

## **10. Mental Health Support**

Look for resources to help deal with the emotional impact of domestic violence. This could include therapists, counselors, or support groups. Local domestic violence organizations often provide these services or can connect you with them.

*Remember, your safety is the most important thing. Contact local domestic violence organizations to get more specific and personalized advice for your situation.*