



Increasing Safety While Living in an Abusive Situation

Below are some tips for increasing your overall safety while living in or attempting to leave an abusive relationship. Please be aware that attempting to leave an abusive partner can significantly increase the severity of violence and can be the most dangerous time for a victim. We strongly encourage you to keep this safety plan and all other resource information in a safe place and where your partner will not find them.

1. **Have important phone numbers memorized:** Friends and relatives whom you can call in an emergency. If your children are old enough, teach them important phone numbers, including when and how to dial 911.
2. **Keep domestic violence information in a safe place:** Where your batterer won't find it, but where you can get it when you need to review it.
3. **Consider purchasing a disposable phone that can be taken with you when you leave and keep it hidden in a safe place.**
4. **If you can, open your own bank account.**
5. **Stay in touch with friends:** Get to know your neighbors. Resist any temptation to cut yourself off from people, even if you feel like you just want to be left alone.
6. **Rehearse your escape plan until you know it by heart.**
7. **Leave a set of car keys, extra money, a change of clothes and copies of the following documents, with a trusted friend or relative:**
 - ✓ You and your children's birth certificates
 - ✓ Your children's school and medical records
 - ✓ Bankbooks
 - ✓ Welfare identification
 - ✓ Passports or immigration documents
 - ✓ Your social security card
 - ✓ Lease agreements or mortgage payment books



- ✓ Insurance papers
- ✓ Important addresses and telephone numbers
- ✓ Any other important documents
- ✓ Online account passwords

Personal Safety Plan

If you don't have some of this information, now is the time to get it.

1. Important Phone numbers:

Police: _____

Hotline: _____

My Attorney: _____

2. I can call these friends or relatives in an emergency:

Name: _____ Phone: _____

Name: _____ Phone: _____

3. These neighbors will call the police if I have to leave my home in a hurry:

Name: _____ Phone: _____

Name: _____ Phone: _____

4. I can go to these places if I have to leave my home in a hurry:

Name: _____ Phone: _____

Address: _____

Name: _____ Phone: _____

Address: _____



5. I have given copies of the documents checked below to a friend for safekeeping:

- My birth Certificates
- My children's birth certificates
- My social security card
- My children's school records
- My children's medical records Interface 24/7 DV Hotline 1-800-636-6738
- Insurance papers
- My lease agreement or mortgage payment book
- Important addresses and telephone numbers
- Other: _____
- Other: _____

6. The following are hidden in a safe place:

- An extra set of car keys
- Some extra money
- An extra change of clothes for me and my children
- Other: _____
- Other: _____

7. To ensure my safety and independence, I will review and rehearse my safety/escape plan once a month on the following dates: _____.

8. Other things I will do to ensure my safety and independence:
