

Client ID: \_\_\_\_\_

Date completed: \_\_\_\_\_

### **Domestic Violence Safety plan**

#### **Living on my own with children**

- I can change my door locks, have extra locks installed and up locks on windows (if needed).  
Completed \_\_\_\_\_ (Date)
- I can ask trusted neighbors or landlords to inform me if they see him anywhere near my house.
- I can install home security, either motion lights or cameras (can be found at Walmart and other stores) on my property  
Completed \_\_\_\_\_ (Date)
- I can install smoke detectors and buy fire extinguishers for my home. I can teach my kids how to use the fire extinguishers and where they are located.  
Completed \_\_\_\_\_ (Date)
- I can get a security system (ex ADT \$27.99 month plan)  
Completed \_\_\_\_\_ (Date)

The safest and quickest route out of my house is:

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How long would it take for the emergency services to reach me if I were to call them? \_\_\_\_\_

How far is it to my closest neighbor? \_\_\_\_\_

How far is it to the nearest town? \_\_\_\_\_

If I need a ride in case of an emergency I can call \_\_\_\_\_

Is there a place outside my house to hide until the emergency services were to arrive?

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I will try to stay away from an isolated area.

If my abuser shows up at my door it is not a good idea to open the door, no matter what they say or promises.

I can hide here: \_\_\_\_\_

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so I can call 911 and stay safe until they arrive.

I can purchase a self defense device and keep it on me at all times.

**If there is nothing put in place through the courts, I understand that my abuser can go to where the children are and pick them up even if I tell the schools, family, babysitter, ect. To not let the kids go with them. Until the custody is addressed they can take the kids.**

I can file for an order of protection for myself.

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**if I am worried about my children's safety I can call crisis nursery and enroll my children in the program so if I feel they are in danger I can get them in a safe and confidential location.**

Closest Crisis Nursery:

Address: \_\_\_\_\_

Phone Number: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_

Hotline: (314)-768-3201

I can file for an order of protection for my children or address custody in my order of protection. I understand that if I have a previous custody arrangement that the order of protection will not alter it. I can ask more about orders of protection with my local DV legal advocate.

I will stop and close joint accounts as soon as possible.

Joint accounts:

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I can change my cell phone number if necessary.

I can change my routine up from time to time to make sure that it will be harder for my abuser to possibly stalk me.

- I can sign up for Safe At Home, \_\_\_\_\_ (date completed), This is a service that will keep my new address confidential.

I can sign up for Safe at home with my local DV advocates, **(636)-224-1850 option 1.**

I can get a no trespassing sign and display it in my window.

I can let my landlord know the situation to help protect my location in case someone calls looking for me.

- I can tell my neighbor, \_\_\_\_\_ about the situation in case that I need a place to hide if the abuser shows up at my residence.

If my abuser shows up I will not open the door and **immediately call 911**, I will not talk to my abuser no matter what they say and/or promises.

Talk to my children and let them know if the abuser shows up at our new home to not let them in or to leave with them no matter what they say and/or promise. I will also tell them to hide and **call 911 immediately.**

- If my children are home alone they can go to this neighbor \_\_\_\_\_ incase of emergency.
- My Children can hide \_\_\_\_\_. In case the abuser shows up.

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- I can create a code word \_\_\_\_\_, with my children that tells them to hide and **call 911**. I can create a code word \_\_\_\_\_ that means it's safe to come out.

I can teach my children how to dial 911 in case of an emergency

- I can keep a go bag here \_\_\_\_\_ incase I need to leave the property quickly.
- I will turn off my location on my social media platforms so no one can track my location.

Social medias: \_\_\_\_\_

\_\_\_\_\_

- I will make sure my children's location on their social media platforms so no one can track their location.

Social media: \_\_\_\_\_

\_\_\_\_\_

I can stress the importance of not talking to the abuser or letting them know where we are now living with my children.

I can check periodically on my children's social media platforms to make sure they don't have their locations on.

If I feel I am being followed by my abuser or someone the abuser knows (such as family or friends) I will not pull over and talk to them. I understand that at that point they could be armed and dangerous.

If I am being followed I can go to a police station, fire department, hospital and or a crowded place (example: Walmart).

- My local police station

Address: \_\_\_\_\_

Phone Number: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_

- My local sheriff's department

Address: \_\_\_\_\_

Phone number: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_

- My local hospital

Address: \_\_\_\_\_

Phone number: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_

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- My local dispatch non emergency:

Phone number: (\_\_\_\_)-\_\_\_\_-\_\_\_\_\_

My local domestic Violence groups:

Lincoln county: (636)-224-1850 option 1

St. Charles county: (636)-224-1850 option 2

If not living in either of these counties: (\_\_\_\_)-\_\_\_\_-\_\_\_\_\_.

If I have any distinct markings on my car (stickers or such) I can switch them out to make it harder for my car to be spotted.

If I am living in the same town or county as my abuser I can shop at different times and stores than I did when I was with my abuser.

I can switch banks than what I had with my abuser to help add another layer of protection.

- I can tell my kids if someone comes up to them and tries to get them to leave They can ask for this code word: \_\_\_\_\_ and if the person doesn't know the word to start yelling at the top of their lungs to get people's attention.

I can tell my kids if the abuser shows up to school or other places, while I have custody they do not have to go with them and can tell an adult that.

If I have an Order of protection addressing custody and my child has a phone. I can have the children keep a picture of the ex parte or full order on their phone in case the abuser tries to make contact with them.