

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

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

## **Domestic Violence Safety plan**

### **Living on my own**

- 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.

I can file for an order of protection for myself.

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

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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.

- 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 devices so no one can track my location.

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

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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). And lay on the horn to draw as much attention to myself as possible.

**My local police station**

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

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

**My local sheriff's office**

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

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

**My local hospital**

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

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

**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.