

Client ID: _____

Date completed: _____

Domestic Violence Safety plan

While still in DV Relationship With Children

- I can tell, _____ (Neighbors) about the abuse and ask them to call the police if they hear sounds of a violent attack, coming from my house.
- If violence and abuse are occurring, or is likely to occur, I can move to _____ (a room with easy access to an exit). Don't go to the kitchen, bathroom or near possible weapons.
- The quickest/ safest route out of my house is _____

I have practiced escaping in the way.

- The quickest /safest route out of my workplace is, _____

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?

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: _____

- My local police station

Address: _____

Phone Number: (_____) - _____ - _____

- My local sheriff's department

Address: _____

Phone number: (_____) - _____ - _____

- My local hospital

Address: _____

Phone number: (_____) - _____ - _____

- My local dispatch non emergency:

Phone number: (_____) - _____ - _____

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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: (_____-_____-_____.

Before I leave or if I am worried about my children's safety I can call crisis nursery and enroll my children in the program so when I am ready to leave and have a day I can call and get them in so I can transition into my different housing situation.

Closest Crisis Nursery:

Address: _____

Phone Number: (_____-_____-_____

Hotline: (314)-768-3201

I have taught my children to use the telephone to call 911 in case of emergency.

I can carry my cell phone, a portable charger (if accessible) and change for a payphone, so that I can call for help in case of an emergency.

I can keep a small amount of money on me in case I need to leave quickly.

- I have told my children to get out of the room/ leave the house/ run to _____ for help in an emergency.
- I can use this code word, _____ for my children, friends or family to call for help.
- If I decide to leave, I can go to, _____
- I can keep my purse and car keys at, _____ In order to leave quickly.
- I can pack an emergency bag and leave it at, _____, so I can leave quickly.

I will use my judgment and intuition. If the situation is very serious, **CALL 911**, I will try to keep myself and children safe.

- I can keep important documents (birth and marriage certificates, insurance cards, social security cards, Drivers license, car title, Car insurance cards, Green card/ other visas, Diplomas, State ID card (If I don't have a Driver's license), rent/ mortgage details (If it is in my name or I am a cosigner) or copies of these documents at: _____
- I can leave some extra clothes, personal possessions, medication, cash and spare keys with, _____
- I can open a savings account by _____ (date) to increase my independence.

I can put money on a visa gift card and get a cheap emergency flip phone to use in case of emergency.

- Other things I can do to Increase my independency are: _____

I can use (this device) _____, if I am planning on looking up things that have to do with my plan to leave that my abuser doesn't have access to.

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I can make sure to clear my history and cookies after I look up things to aid me in leaving so my abuser can't search through my history and see it.

- I can stay with, _____ in case of an emergency. If I can not go there I can go to _____ in case of emergency.
- I can borrow money from, _____ in case of an emergency. (Ex, hotel room, gas money, ect.)

If I plan to leave I won't tell my abuser face-to-face. If I want to tell them I can leave a note, send a text message or call them once I am in a safe place.

I will ensure that I never tell my abuser where I am staying.

- I can review my safety plan every _____ (time frame) in order to update my plan in case something changes.
- I can review the plan with _____ (a friend, family, counselor, or DV advocate/outreach specialist).

I will review and rehearse my escape plan and practice it with my children.

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

Joint accounts:

If I am on a NECAC or section housing with the abuser I can call and explain what happened to the office and possibly have the voucher pulled from the abuser and be put in my name.

I can tell the school/babysitter and other childcare services about the situation. **However I understand that if I do not get something through the courts rewarding me custody that there is a possibility that the abuser can go to where the kids are without me there and pick them up. I understand that in an order of protection I can express my concerns and address custody in that paperwork.** Unless a previous custody arrangement has been put in place, at this point I can reach out to my legal advocate to see what my options are.

I can get in touch with my local advocates at (636)-224-1850 option 1.

List of possible Items to consider taking if leaving:

- ☐ Some form of Identification (Drivers license or state ID)
- ☐ Birth Certificates (mine and my children)
- ☐ Social Security card or Social Security number written down (mine and my children)
- ☐ Money, checkbook, Debit/Credit cards
- ☐ Medication (mine and my children)
- ☐ Keys: House, car ect.
- ☐ Insurance Card
- ☐ Public assistance Cards
- ☐ Lease, rental agreement or house deed (if applicable)