

Client ID: _____

Date Completed: _____

Domestic Violence Safety plan

While still in DV Relationship

- 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, _____

will 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.
- If I decide to leave, I will 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 can use my judgement and intuition. If the situation is very serious **CALL 911**, I will try to keep myself 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.

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 stop and close joint accounts as soon as possible.

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Joint accounts:

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: (____) - ____ - _____

My local domestic Violence groups:

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

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Date Completed: _____

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

If not living in either of these counties: (_____-_____-_____.

- 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 will leave a note, send a text message or call them once I am in a safe place.

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

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.

List of possible Items to consider taking if leaving:

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