Safety Planning

Safety looks different for everyone. Here are some ideas to begin planning for escaping a potentially harmful situation.

Keep this information in a safe and private place where your partner cannot find it.

For assistance creating a personalized safety plan, call Catalyst’s 24 hour crisis line at 1-800-895-8476.

Preparations I can make as part of my action plan:

☐ Start a journal of abuse. Include dates of threats, stalking, any property destruction. Ask someone I trust to keep it for me.

☐ Pack a bag with emergency money, clothing, identification, toiletries and medications for myself and my children. Hide it in a safe place I can easily get to.

☐ Ask someone I trust to keep copies of identification, keys and important papers for me.

☐ Open a new bank account. Have statements sent to an address I do not share with my abuser. Use only this account if I leave.

☐ Change passwords to e-mail or online accounts.

☐ Clear browser history on personal computer or use public computer when possible.

☐ Alert a neighbor that I trust to call 911 if they hear suspicious sounds or see a visible signal for help (like a towel in the window).

☐ Practice making an emergency escape (with my children) and traveling to the location I have chosen as a safe place.

☐ Join a support group or talk with a counselor.

☐ Make a list of other preparations I may want to consider:

☐ ____________________________________________________

☐ ____________________________________________________

☐ ____________________________________________________

Places I can go if I must leave home: (do not write down addresses)

1. ____________________________________________________

2. ____________________________________________________

3. ____________________________________________________

Important things to take if I have to leave:

☐ Money (cash and checks) ☐ Cell phone and charger

☐ ATM/Credit cards ☐ Medications

☐ Keys to car, house, work, post office box, etc. ☐ Spare glasses/contact lenses

☐ Driver’s License ☐ Other ________________________

☐ Car registration ☐ __________________________________

☐ Address Book ☐ __________________________________

Additional things to take if I have time:

☐ Birth certificates for self and children ☐ Any court documents - adoption or custody records, restraining order, etc.

☐ Automobile pink slip ☐ Social security cards

☐ Lease, rental agreement or house deed ☐ Welfare/Medical identification

☐ Bank records ☐ School and vaccination records for myself and children

☐ Insurance cards and medical records ☐ Work ID/permit

☐ Pictures and important personal items ☐ Passport or immigration papers

☐ Other __________________________________

☐ Other __________________________________

Please use widely ☑ Add and subtract from this document as needed ☑ Please acknowledge this source

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Notes:

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