

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:

- | | |
|--|---|
| <input type="checkbox"/> Money (cash and checks) | <input type="checkbox"/> Cell phone and charger |
| <input type="checkbox"/> ATM/Credit cards | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Keys to car, house, work, post office box, etc. | <input type="checkbox"/> Spare glasses/contact lenses |
| <input type="checkbox"/> Driver's License | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Car registration | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Address Book | <input type="checkbox"/> _____ |

Additional things to take if I have time:

- | | | |
|---|---|---|
| <input type="checkbox"/> Birth certificates for self and children | <input type="checkbox"/> Any court documents - adoption or custody records, restraining order, etc. | <input type="checkbox"/> Work ID/permit |
| <input type="checkbox"/> Automobile pink slip | <input type="checkbox"/> Social security cards | <input type="checkbox"/> Passport or immigration papers |
| <input type="checkbox"/> Lease, rental agreement or house deed | <input type="checkbox"/> Welfare/MediCal identification | <input type="checkbox"/> Marriage license or divorce papers |
| <input type="checkbox"/> Bank records | <input type="checkbox"/> School and vaccination records for myself and children | <input type="checkbox"/> Jewelry |
| <input type="checkbox"/> Insurance cards and medical records | | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Pictures and important personal items | | <input type="checkbox"/> Other _____ |

