

Domestic Violence Safety Plan Checklist

Use the following checklist to help create a safe environment during and after a Domestic Violence incident:

During a DV Incident:

- Stay away from the kitchen where the abuser has access to weapons.
- Stay away from bathrooms, closets, or small spaces where the abuser can trap you.
- Get to a room with a phone to call 911 for help.
- Get medical attention.
- Take pictures of bruises, scrapes, cuts, etc.
- Make a police report.

Safety Plan:

- Plan 3-4 places you could go if you leave your home (including nearest police station, fire station or public place like a store or restaurant)
- Plan an escape route to get out of your home (memorize and practice from each room)
- Keep a bag packed of items you and your children need in case you need to leave quickly. Put in an area you can get to or store at your safe place or at work.
- Collect copies of important papers for yourself and your children.
- Keep spare money, credit cards, or open a separate account that abuser does not have access.
- Create a network of people to assist in emergency, create code word/phrase for them to get you help if needed.
- Make a habit of backing your car into the driveway. Try to always have some gas. Keep the driver's door unlocked and lock all of the other doors. Have a copy of the car key made and hide one in the car.
- Keep an old cell phone charged. Can keep one in the house and one in the car. All phones will be able to call 911 even without plan/minutes. Or consider hiding a prepaid cell phone to use in emergencies.
- Turn off Location on cell phone and on all apps that have location finder.

Other options:

- Obtain a Protective Order. Keep a copy on you, near door, with family member/neighbor/at work, in your car. Give a copy to children's school.
- Get new phone with a different number.
- Change locks.
- Know your neighbors and inform them your abuser is not allowed near your home.
- Install security lighting, if possible.
- Install alarm system, if possible.
- Keep a written list of important phone numbers with you.
- Make sure your children know how to call 911.

For help call Life Crisis Center Hotline 410-749-4357 or 211