Safety Plan

- Make the plan during a “calm” period, not during or right after a violent episode.
- Identify a “safe” friend, neighbor or shelter.
- Have a secret password with friends (such as “how is your bird?”), to notify police if you’re in danger and can’t safely call 911.
- Remove weapons from the home.
- Rehearse the escape plan with your children.

Escape Package

- Extra car and house keys
- Important phone numbers
- Money, checkbook, credit cards
- Clothing, medicines, special toy for each child
- Important papers (personal identification, auto title, immunization and school records, birth certificate, etc.)

After Leaving

- If possible, change working hours, times and routes, shopping places and social spots.
- Always check if you are being followed; if so, go to the police.
- Tell supervisor and the school or daycare about the injunction.
- Consider changing schools if the danger risk is high.
- Change all the locks.

NATIONAL DOMESTIC VIOLENCE HOTLINE 1-800-799-7233

NATIONAL SEXUAL ASSAULT HOTLINE 1-800-656-4673

VICTIMS ASSISTANCE CENTER 305-285-5900

TEEN DATING ABUSE HOTLINE 1-866-331-9474