

# Safety Plan

## Checklist of Things to Take

- Identification for yourself and the children
- Birth certificates
- Marriage certificate
- Social Security cards (yours and children's-write down his number)
- School and health records
- Money (In community property states, you can legally take half of the funds in a joint checking and savings account. If you do not take money from these accounts, he can close the accounts, take all the money, and you may not ever get your share.)
- Checkbook and ATM card
- Credit cards (those held jointly and separately)
- Copies of unpaid bills, receipts, credit card statements, etc.
- Keys to car, house, lock box, storage building, etc.
- Registration and title to car(s), his license plate number and car info
- Medication
- Passport, Will, recent photographs of abuser
- Medical records
- Deed to house and other real estate
- Mortgage papers
- Loan agreements
- Bank books (joint and personal accounts, children's accounts)
- Insurance policies
- Address book

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- Pictures, video tapes, CDs, music, sentimental mementos
- Children's favorite toys and blankets
- Tax returns for the past three years, canceled checks and bank statements for past five years
- Pay stubs (yours and his)
- Journals or diary
- Documentation of criminal activity, copies of police reports
- Copies of financial documents and portfolios, credit union accounts, 401K plan. Profit sharing and pension information

### Personal Safety Plan

1. If I decide to leave, I will get out of the house by

\_\_\_\_\_.

2. I will keep my purse and car keys \_\_\_\_\_ so I can get to them quickly when I have to leave.

3. I will tell \_\_\_\_\_ about the violence, and ask them to call the police if they hear anything suspicious coming from my house.

4. I will use \_\_\_\_\_ as a code word for my children or friends to call 9-1-1 immediately.

5. If I have to leave my home, I will go to

\_\_\_\_\_.

6. If I cannot go there, I will go to \_\_\_\_\_.

7. When an argument begins, I will go to

\_\_\_\_\_, a room where I can safely exit.

8. I will leave money, an extra set of car and house keys, a change of clothing, and important papers with \_\_\_\_\_.

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9. I will open a savings account by \_\_\_\_\_ and begin saving something each month.

10. \_\_\_\_\_ will let me stay with them on an emergency basis.

11. I can leave clothes with \_\_\_\_\_.

12. I will tell \_\_\_\_\_ (friend),  
\_\_\_\_\_ (neighbors), and  
\_\_\_\_\_ (pastor) that my husband no longer lives with me.

13. I will inform \_\_\_\_\_ (at work) not to accept calls or answer personal questions from my husband, and not to allow him to visit my workplace.

14. I will tell \_\_\_\_\_ (at school), \_\_\_\_\_  
at church, and \_\_\_\_\_ at the daycare center which people have permission to pick up my children, and that my spouse or ex-spouse is not permitted to do so (if I have sole custody).

15. The phone number for the closest shelter is

\_\_\_\_\_  
Other phone number is \_\_\_\_\_ (pastor),  
\_\_\_\_\_ (supervisor), \_\_\_\_\_ (friend)  
\_\_\_\_\_ (other).

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