

CHECKLIST

WHAT YOU NEED TO TAKE WHEN YOU LEAVE

IDENTIFICATION

- Driver's license
- Children's birth certificates
- Your birth certificate
- Social Security card(s)
- Welfare identification
- School and medical records

FINANCIAL

- Money and/or credit cards
- Bankbooks
- Checkbooks
- Safety deposit box key

LEGAL PAPERS

- YOUR PROTECTION ORDER
- Lease, rental agreement, house deed
- Car registration & insurance papers
- Work permits/Green Card/Visa
- Passport
- Divorce papers
- Custody papers
- Immunization records

OTHER

- House and car keys
- Medications for you and children
- Small saleable items
- Jewelry
- Address book
- Phone card
- Pictures of you, children and abuser
- Children's small toys/favorite toys
- Toiletries/diapers
- Changes of clothes for you & children

You may not have control over another person's violent behavior, but you do have choices about how you respond. Victims of domestic abuse can take steps to ensure their safety and the safety of their children.

You hope that your partner will change. Although they beg for forgiveness, sound very sincere and you still love them, statistics show that very few batterers stop their abusive behavior and that the abuse will continue to get worse.

The first step is always the most difficult. For your safety, and the safety of your children, know that you are making the right choice.

SAFETY ON THE JOB AND IN PUBLIC

- ◆ Decide who you will inform at work of your situation. This should include office or building security. Provide a picture of your batterer, if possible.
- ◆ Arrange to have someone screen your telephone calls, if possible.
- ◆ Devise a safety plan for when you leave work. Have someone escort you to your car, or bus and wait with you until you are safely enroute. Use a variety of routes to go home, if possible. Think about what you would do if something happened while going home.

SOME THINGS TO THINK ABOUT

- ◆ Trust your instincts. If you feel you are being monitored too closely check for spyware on your computer or GPS in your car/cell phone.
- ◆ Set-up a separate email account for visitation communication.
- ◆ Get a new phone number, but keep the old one to ring only to an answering machine. Be aware that some cell & cordless phones can be easily monitored with a simple scanning device.

This publication is supported in part by Victims of Crime Act Subgrant #KC192500, awarded by the Idaho Council on Domestic Violence and Victim Assistance, under a grant from the U.S. Dept. of Justice Office for Victims of Crime/Family Violence Prevention and Services Act/State Domestic Violence Project Account. The opinions, findings, conclusions or recommendations expressed in this training program do not necessarily reflect the views of the grantor agencies.

PERSONAL SAFETY PLAN

YOU HAVE A RIGHT
TO BE SAFE!

24 HOUR HELP LINE

800-669-3176

208-746-9655

ywca Lewiston, ID
Clarkston, WA
eliminating racism
empowering women

300 Main Street • Lewiston, ID 83501
www.ywcaidaho.org

SAFETY DURING AN EXPLOSIVE INCIDENT

- ◆ If an argument seems unavoidable, try to have it in a room or area where you have access to an exit. Try to stay away from the bathroom, kitchen, bedroom or anywhere else where weapons might be available.
- ◆ Practice how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
- ◆ Have a packed bag ready and keep it at a relative's or friend's home in order to leave quickly.
- ◆ Identify one or more neighbors you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- ◆ Devise a code word to use with your children, family, friends and neighbors when you need the police.
- ◆ Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- ◆ Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself until you are out of danger.
- ◆ If you use your cell phone to dial 911 remember to give them your address & leave the phone on.
- ◆ Always remember: **YOU DON'T DESERVE TO BE HIT OR THREATENED!**

SAFETY WHEN PREPARING TO LEAVE

- ◆ Open a savings account and/or credit card in your name. Think of other ways in which you can increase & establish your independence.
- ◆ Leave money, an extra set of keys, copies of important documents, extra medicines and clothes with someone you trust, enabling you to leave quickly.
- ◆ Determine who would be able to let you stay with them or lend you some money.
- ◆ Keep the shelter or hotline number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- ◆ Be aware that motor vehicle records, including addresses, may be available to the public.
- ◆ If you have On-Star in your vehicle, consider another method of transportation.
- ◆ Do not use your home computer to email escape plans to family and friends, since it might be monitored.
- ◆ You may need to leave your cell phone at home so you cannot be tracked.
- ◆ Review your safety plan as often as possible in order to know the safest way to leave your batterer. **REMEMBER - LEAVING YOUR BATTERER IS THE MOST DANGEROUS TIME, SO BE PREPARED!**

SAFETY IN YOUR OWN HOME

- ◆ Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- ◆ Arrange to have an answering machine, caller ID, or a trusted friend or relative screen your telephone calls, if possible.
- ◆ Discuss a safety plan with your children for when you are not with them.
- ◆ Inform your children's school, day care, etc. about who has permission to pick up your children.
- ◆ Inform your neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him near your home.
- ◆ Change the passwords on your banking, voicemail, computer and email accounts and your PIN on any bank cards.

SAFETY WITH A PROTECTION ORDER

- ◆ Keep your protective order with you at all times. When you change your purse, that should be the first thing that goes in. Give a copy to a trusted neighbor or family member.
- ◆ Call the police if your partner breaks the protection order.
- ◆ Think of alternative ways to keep safe if the police do not respond right away.
- ◆ Inform family, friends, neighbors and your physician or health care provider that you have a protective order in effect.



YOUR SAFETY AND EMOTIONAL HEALTH

- ◆ Think about and discuss an alternative plan with someone you trust if you are thinking of returning to a potentially abusive situation.
- ◆ Think about the safest way to communicate with your partner, if you have to.
- ◆ Think positive thoughts about yourself and be assertive with others about your needs. Read books, articles and poems to help you feel stronger.
- ◆ Think who you can call to talk with freely and openly for the support you need.
- ◆ Think about attending a women's or victim's support group for at least 2 weeks to gain support and encouragement from others and learn more about yourself and the relationship.