

5. Safety Strategies

- If my **partner has access to lethal weapons** I can consider: getting a protective order and requesting that the weapons be seized; remove the weapons to a safe location; remove or hide ammunition; try to stay away from weapons if my partner is getting violent.
- If it seems my partner is about to become violent, I can **move to a room with an exit** and stay away from the bathrooms/kitchen.
- This is a signal or **code word** to use with my children/others if I need the police: _____
- If it is safe to **discuss the safety plan with my children**, I will remind them that their job is to stay safe. We will agree that if it is not safe, they should: _____
- I will tell my **children's school**, daycare, camps, babysitters, etc. who can pick them up.
- If I have to **communicate with my partner**, or exchange our children, I will think about the safest way to do so. I may need to be with someone or in public.
- I know that what I do on my **phone and computer** can be tracked; I will use phones or computers that my abuser won't see.
- I understand that phones, computers, joint credit cards, and GPS devices that can be hidden in a car, can all be used to track where I am. If I am concerned that my partner might be **tracking my movement**, I can contact my local domestic violence agency for help.
- I can think about how to increase **security at home**, for example, I could change my locks or buy a fire extinguisher and smoke alarm.

If I am planning to leave, I can make a plan about how and when to leave in the safest way possible.

Advocates from my local domestic violence agency can help me.

These are **neighbors, family, or friends** I could stay with if I need to leave in a hurry:

I can have a **bag packed** with important papers and extra medicines and leave it somewhere safe in case I need to leave quickly.

I can talk to my vet, an animal shelter, or family and friends about **sheltering my pet** if I'm planning to leave.

If it's safe to do, I can try to take these **important things** with me when I leave, or gather them ahead of time to leave with someone I trust:

- ___ car and home keys
- ___ documents (ID, legal, financial, medical)
- ___ money, bank and credit cards
- ___ medications, clothing, toys, toiletries
- ___ things that are special to me or valuable

I can contact my local domestic violence agency if I want to get a **domestic violence protective order (DVPO)**, a court order requiring my partner to stay away from me.

A **photo** of my abuser and a copy of my **domestic violence protective order (DVPO) or restraining order** can be given to work or school security.

I can secretly open a **bank account** so I will have my own money, in case of emergency.

I can **document and keep copies** of all messages, emails, texts, and other contact from my partner.

Safety Planning

Strategies for enhancing safety in relationships



NCCADV

North Carolina Coalition Against Domestic Violence

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Date:
County:
Local DV agency #:

1. Your relationship

- What is the status of your relationship?
 - Living together
 - Not living together
 - Recently broke up
 - Children
- Are you thinking about leaving or making any changes? Yes No
If Yes, what are you considering?

2. Safety

- What are your biggest concerns about your safety or the safety of your children?
 - Does your partner know where you are?
Yes No
 - Do you feel safe leaving here today and going back to where you live?
Yes No
- If you answered “no” think about who you might be able stay with temporarily or call the local domestic violence agency for help finding shelter.*
- What have you done in the past to keep yourself safe?

3. Getting Support

- Who in your life can you turn to for help? How can they help you?
- Comprehensive services offered by the local domestic violence agency.
- **Is your relationship affecting your health?** For example: Does it impact your ability to attend appointments or take medications? Does your partner provide any medical care for you? Are you sad or anxious, or have trouble sleeping? Are you worried about your use of drugs or alcohol?
If so, you can talk with your doctor about it.

4. Some Safety Tips

- Trust your instincts and knowledge about your partner. If you feel unsafe, trust yourself.
- Make your safety and the safety of any children in the family your priority.
- Your needs and risks can change over time, so review your safety plan often.
- This document is basic. www.DVSafetyPlanning.org has more information. Your local domestic violence agency, _____, can provide you with more help with safety planning.

(Go now to #5 safety strategies on back)

6. Resources

- Dial 911 to call the police if you are in danger or want to report an assault.**
- Local domestic violence agency’s hotline:**

For a list of DV agencies in NC visit:

www.nccadv.org/get-help/programs-list

- National Domestic Violence Hotline:**
1-800-799-7233; TTY: 1-800-787-3224;
<http://www.thehotline.org/>
- National Sexual Assault Hotline:**
1-800-656-4673;
<https://www.rainn.org/index.php>

Emergency contacts:

Children’s schools:

Workplace security:

Doctors’ offices:

Therapist:

Lawyer:

Other:

If you can’t safely take this plan home or leave it with someone you trust, what three things do you most want to remember?