

SAFETY PLANNING

Ready to Leave?

A safety plan is a personalized, practical plan to improve your safety while experiencing abuse, preparing to leave an abusive situation, or after you leave. Your plan includes vital information tailored to your situation and will help you prepare for and respond to different scenarios.



PREPARING TO LEAVE

- Let someone you trust keep a bag packed with your essential items and copies of important documents.
- Practice how to get out of the home safely.
- Plan for a safe place to go if you have to leave suddenly.
- Devise a code word to use with your neighbor, children and family when you need them to call the police.
- Teach your children how to call the police.
- Open a savings account or credit card in your own name.

LEAVING

- You may request police stand-by
- Consider getting a Order of Protection (OP)
- Take important phone numbers and documents.
- Create a false paper trail to make your abuser think you have gone someplace else (e.g. call about housing or schools in states other than the one you are going to)

AFTER LEAVING

- Keep a copy of your OP with you at all times and give a copy to your children's school
- Change the locks if you're still in your home
- Install as many security features as possible
- Change passwords / login information for online accounts
- Increase privacy settings for all online accounts
- Check for GPS tracking on phones, cars, and internet-connected devices
- Stay in touch with trusted family and friends.

Is someone abusing you?

The abuse you are experiencing is NOT your fault. You will need support to move forward. The Retreat is here for you.

Checklist

MAKE COPIES OF:

- Birth Certificates
- Driver's License or other identification
- Medicaid / Social Security / Insurance cards
- Bank Account Information
- Immigration Paperwork
- Immunization & Health Records
- Marriage License / Divorce Papers
- Any court orders, including protection, custody / visitation, or support

PACK A BAG WITH:

- Extra keys to house, car, etc.
- Medications
- Money
- Change of clothes for self and kids
- Copies of important papers (above)
- Supplies for pets

Give bag to trusted person or hide it in a safe place where you can easily get it later.



ALL AGAINST ABUSE.ORG

24-Hour Hotline (631)329-2200

Non Emergency (631)329-4398