

# Safety Planning Checklist

Here are some helpful items to get together when you are planning on leaving an abusive situation or feel your safety is at risk. Keep these items in a safe place until you are ready to leave, or if you need to leave suddenly.

## Identification for yourself and your child(ren)

- Birth certificates
- Social Security cards (or the numbers written on paper if you can't find the cards)
- Driver's license
- Photo identification or passports
- Welfare identification
- Green Card

## Important personal papers

- Marriage Certificate
- Divorce papers
- Custody Orders
- Orders of Protection
- Health insurance papers and cards
- Medical records
- Child(ren) school records
- Investment papers/records and account numbers
- Work permits or immigration papers
- Rental agreements or house deed
- Car title, registration, and insurance information

## Funds

- Cash
- Credit cards
- ATM card
- Checkbook

## Keys

- House key
- Car key
- Safety deposit box or post office box key

## A Way to Communicate

- Cell phone
- Phone calling card
- Address book

## Medications

- At least 1 month's supply for all medications you and your child(ren) are taking, as well as a copy of their prescriptions.
- Doctor's office contact information

## Things to keep you comfortable

- Extra clothing
- School uniform
- Pictures and keepsakes
- Small toys, books or blankets for child(ren)



**Call our Helpline for assistance**

**1-800-273-8712**

**[www.wraptn.org](http://www.wraptn.org)**

**WARNING:** Abusers try to control their victim's lives. When abusers feel a loss of control - like when victims try to leave them - the abuse often gets worse. Take special care when you leave. Keep being careful even after you have left.

**If you are in an unsafe relationship or situation, think about...**

1. Having important phone numbers nearby for you and your children. Numbers to have are the police, family, friends and the WRAP hotline at 800-273-8712.
2. Friends or neighbors you could tell. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.
3. How to get out of your home safely. Practice ways to get out. Safer places in your home where there are exits and no weapons. If you feel abuse is going to happen or the stalker/perpetrator has come to your home, try to get to one of these safer places.
4. Any weapons in the house. Think about ways that you could get them out of the house or hide them.
5. Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house - taking out the trash, walking the pet or going to the store. Put together a bag of things you use every day (see the checklist). Hide it where it is easy for you to get.
6. Going over your safety plan often.

**If you consider leaving, think about...**

1. Four places you could go if you leave your home.
2. People who might help you if you left. Think about people who will keep a bag for you. Think about people who might lend you money. Make plans for your pets.
3. Keeping change for phone calls or getting a cell phone.
4. Opening a bank account or getting a credit card in your name.
5. How you might leave. Try doing things that get you out of the house - taking out the trash, walking the family pet, or going to the store. Practice how you would leave.
6. How you could take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.
7. Putting together a bag of things you use every day. Hide it where it is easy for you to get.
8. Turning off location data on your electronic devices.

**If you have left, are in a safe place, or the perpetrator is in jail, think about...**

1. Your safety - you still need to.
2. Getting an order of protection from the court. Keep a copy with you all the time. Give a copy to the police, people who take care of your children, their schools and your boss.
3. Provide your supervisor/head of security with a photo of your abuser/stalker/offender.
4. Changing the locks. Consider putting in stronger doors, smoke and carbon monoxide detectors, a security system and outside lights.
5. Telling friends and neighbors that your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home or children or if they see the stalker/perpetrator near your home.
6. Telling people who take care of your children the names of people who are allowed to pick them up. If you have an order of protection protecting your children, give their teachers and babysitters a copy of it.
7. Telling someone at work about what has happened. Ask that person to screen your calls. If you have an order of protection that includes where you work, consider giving your boss a copy of it and a picture of the abuser/stalker/perpetrator. Think about and practice a safety plan for your workplace. This should include going to and from work.
8. Not using the same stores or businesses and not taking your usual route to/from work/school/etc.
9. Someone that you can call if you feel down. Think about working with a WRAP advocate for on-going emotional and safety support.
10. Safe way to speak with your abuser if you must.
11. Going over your safety plan often.