

SAFETY PLAN

Before you leave...

- Document any abuse. Keep a journal of any contact, harassment, and injuries. Take pictures of any injuries. Save any evidence of harassment such as voicemails or texts.
- Set up a bank account only in your name. Mail statements to a trusted friend.
- Store necessities (extra set of keys, money, important documents, and clothes) with someone you trust so you can make a quick escape.
- Seek help from a friend who can help with money and safety (try to stay in a place your abuser does not know of).
- Be ready to call. Have a “code word”, phrase, or signal set up with friends and family so they know when to call for help. Also, have emergency numbers nearby for quick access. Maybe keep some change or a calling card on you at all times.
- Argue in a safe place – be sure an exit is available and there are no weapons around.
- Practice the best exit in all situations.
- Memorize your plan so you can leave your batterer in the safest possible way.

If you or your partner has left...

- Report the abuse!
- *Get a protective order and keep it with you.*
- Change locks, phone numbers, address if possible.
- Let neighbors, friends, family and employers (hopefully company security) know he or she should call the cops should they see the abuser.
- Let your children in on the plan. Teach them how to dial 911. Make sure caretakers know who can and cannot pick them up from school/daycare/babysitter.
- Keep your routine fresh. Switch it up, if you go to work one way, take another route home. Switch your normal grocery store or child’s daycare.
- If you must communicate with your partner, do it in a public place.
- *Seek counseling and use all possible victim services*



Contact the Greensboro Police Department Family Victims Unit for assistance, 336-373-2331.



Things you need to take when you leave:

- Identification
- Medical records for all family members
- Driver's license
- Birth Certificates
- Social Security Card
- Welfare identification
- Money
- School Records
- Rental agreement, lease, house deed
- Work permits
- Green card
- Bank books
- Passport
- Checkbooks
- Divorce papers
- Insurance papers/card
- Jewelry
- House and car keys
- Children's small toys
- Address book
- Small objects that can be sold
- Pictures, including photos of any injuries

RESOURCES

- Family Service of the Piedmont, 315 East Washington Street
 - 24-Hour Crisis Hotline - (336) 273-7273
 - <http://www.familyservice-piedmont.org/>
 - They provide free and confidential crisis counseling, shelter, information and referrals, court and police advocacy, and information on relocating.
- National Domestic Violence Hotline
 - 1-800-799-7233
 - <http://www.thehotline.org/>
- National Coalition Against Domestic Violence
 - (888) 232-9124
 - <http://www.ncadv.org/>
- For Teens
 - <http://www.thesafespace.org/pdf/handout-safety-plan-workbook-teens.pdf>
- Clara House Shelter
 - (336) 387-6161
- Consumer Credit Counseling Service
 - (336) 373-8882
- LGBT and Bilingual Domestic Violence Hotline
 - 1-866-SAFE.014



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