



Safety Plan

If you are still in the relationship, think about:

- Keeping important phone numbers close by for you and your children. Police (**911**), YWCA Hotline (**800-483-7858**) and YWCA Shelter (**542-1944**).
- Teaching children how to dial 911. Establish a code word to signal to them when to call for help. Plan a safe place where they can call police when they feel unsafe (ex: closet, neighbor's home, bedroom).
- Friends or neighbors you can tell about abuse. Ask them to call police if they hear a disturbance at your home.
- Increasing safety during an argument by moving away from the kitchen (or where weapons are stored) and close to an exit. Avoid small rooms with only one exit, if possible (such as the bathroom).
- Moving knife block in the kitchen and lock up all weapons in the residence.
- Keeping wasp and hornet spray in an accessible place only you know about.
- What you will say to your partner if he/she becomes violent.

If you consider leaving your abuser, think about:

- Where you can stay or who can loan you money.
- Opening a separate bank account in your name.
- Keeping a 911 phone in a location only you know about.
- How you might leave. Plan an escape route out of your home. Teach it to your children.
- Putting together a bag of items you use daily. Place it in a safe location with a friend or relative.

If you have left the relationship, think about:

- Changing the locks to the door and securing windows.
- Rearranging furniture to limit intrusion of abuser.
- Increase internet safety by changing passwords often. Set privacy settings. Be cautious when accepting new friends on social media sites. Report harmful messages, pictures or posts.
- If you have an Order of Protection, keeping paperwork/ HOPE card with you at all times. Make copies for your work and children's school.

Items to take, if possible:

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| ☐ Extra clothes and children's necessities | ☐ Medical Records (Dr.'s names and phone #s) |
| ☐ Money | ☐ Lease/ rental agreement |
| ☐ Keys to car, house, work | ☐ Dissolution (Divorce) papers, Parenting Plan (Custody Arrangements) |
| ☐ Driver's License | ☐ Birth Certificates (Yours and children's) |
| ☐ Social Security Cards | ☐ Prescription medication |
| ☐ Important Documents | |

Support. Safety. Hope.

Crime Victim Advocate Program ▪ Missoula City-County Department of Grants and Community Programs
500 N. Higgins, Missoula, MT 59802 ▪ (406) 830-3830 ▪ cva@co.missoula.mt.us

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