

DOMESTIC VIOLENCE SAFETY PLAN CHECKLIST

Use the following checklist to help create a safe environment during and after a Domestic Violence occurrence.

During a DV Incident:

- Stay away from the kitchen where the abuser has access to weapons.
- Stay away from bathrooms, closets, or small spaces where the abuser can trap you.
- Get to a room with a phone to call 911 for help.
- Get medical attention.
- Take pictures of bruises, scrapes, cuts, etc.
- Make a police report.

Safety at Home:

- Obtain a Restraining Order from your local Court.
- Change the locks.
- Get an unlisted phone number/confidential address (for assistance, go to www.sos.ca.gov/safeathome)
- Keep a phone close by (cellular or house phone).
- Install security lighting, if possible.
- Install an alarm system, if possible.
- Know your neighbors and inform them your abuser is not allowed near your home.
- Keep a bag packed of items you need in case you need to leave quickly. Put it in an area you can get to or give it to a neighbor you trust (include clothes, spare keys, cash, ID, and legal documents).
- Plan an escape route to get out of your home (memorize and practice it).
- Take a Self Defense class.

Children and Safety:

- Make sure your children know how to call 911.
- Make sure your kids know not to get in the middle of a fight.
- Give a copy of the protective order to your children's school.

Safety at Work:

- Let your supervisor know you have a restraining order and give them a copy.
- Have security walk you to your car.