

## *What will you need if you leave?*

Have a bag packed and ready if you have to leave. Some items you may want to store in a safe location:

### **ID/PERSONAL DOCUMENTS**

- Driver's License
- Passport/immigration documents (kids)
- Green card/Work permit
- Birth certificate (kids)
- Marriage certificate
- Social Security Card (kids)
- Medical/immunization records (kids)
- School Records

### **LEGAL PAPERS**

- Protection order
- Lease, rental agreement
- Health and life insurance papers
- Divorce and custody papers

### **FINANCIAL**

- Money, ATM, credit cards (in your name)
- checking/ saving accounts books

### **OTHERS**

- Medications
- House, car, and work keys
- Address books
- Valuable jewelry
- Change of clothes for you and children
- Sentimental items: Pictures
- Toys

*Information adapted from  
The National Domestic Violence Hotline.  
[www.thehotline.org](http://www.thehotline.org)*

**In an emergency, Call 911  
You can also call  
The Domestic Violence Hotline  
1-800-799-7233  
Or Our Crisis Line at 952-912-9100**

**Keep numbers for family and  
friends handy**

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## **SEWA-AIFW**

**24/7 CRISIS LINE  
952-912-9100**

**3702 E Lake Street, Suite 300  
Minneapolis MN 55406  
763-234-8301  
[www.sewa-aifw.org](http://www.sewa-aifw.org)  
[info@sewa-aifw.org](mailto:info@sewa-aifw.org)**



# **Domestic Violence Safety Planning**

## **Taking Precautions to Stay Safe**

*No one deserves to be hit or threatened.  
If you are being hurt by someone you  
love, consider making plans to help keep  
yourself & your children safe.*

*These suggestions that may help increase  
your safety, however, every situation is  
different. You are the expert of your  
situation. These are the tips and ideas of  
what to prepare for yourself, if you feel  
safe doing so.*

**m** DEPARTMENT  
OF HEALTH

## **SAFETY DURING AN INCIDENT**

- If you are in danger, call 911.
- Go to an area with an exit (not a bathroom, kitchen, or room that may have weapons).
- Practice leaving home safely with your kids
- Identify doors, windows, or stairs to use.
- Pack a bag and have it ready at a friend's house or somewhere safe.
- Identify people you can tell about the situation and ask them to call the police.
- Create a code or secret word to use with your kids, family, friends and neighbors so they know to call police for you if you cannot.
- Plan on where you will go if you leave home.
- Keep your purse and keys accessible.
- Trust your judgement and intuition.

## **SAFETY & PROTECTIVE ORDERS**

- If you/your kids have been threatened, you can request a protective order from the District Attorney's Offices. Hennepin county: 612-348-5073, Ramsey county: 651-266-5130.
- Always keep your protective order with you. Make extra copies to keep in your car, at work, in your purse, and at your children's daycare or school.
- Call the police if abuser violates the protection order. Think of other ways to keep safe if the police do not respond immediately.
- Tell you trusted one's that you have a protective order in effect.

## **SAFETY WHEN PREPARING TO LEAVE**

- Have a few safe places/ people you can go to - or who would lend you money if you need to leave quickly.
- Open a bank account in your name only where the abuser does not have an account, have documents sent to a different address or PO Box.
- Get your own post office box or contact Safe at Home at 651-201-1399.
- Pack a bag with money, keys, documents, extra clothes & medicines. Keep in a safe place with someone you trust.
- Memorize/keep a shelter phone number, important numbers with you.
- Make arrangements for any pets to be cared for in a safe place.
- Create & review your safety plan as often as possible to know the safest way to leave the abuser. Remember, leaving your abuser can be the most dangerous time for you and children.
- Concerns about immigration status, consult with an immigration expert.

## **SAFETY & EMOTIONAL HEALTH**

- Seek out supporting people
- Identify and works towards your goal
- Create a peaceful space for yourself
- Remind yourself of great value
- Remember that you deserve to be kind to yourself

## **SAFETY IN YOUR HOME**

### **if the abuser is not living with you**

- Change the locks, consider a security service, better lighting, and make sure windows lock.
- Develop a safety plan with your kids, teach them how and when to call 911.
- Inform your children's school, day care, etc, about who has permission to pick up your children.
- Inform neighbors, landlord that your abuser no longer lives with you, and that they should call the police if they see them near your home.
- Find a lawyer knowledgeable about domestic violence & any related issues to explore custody, visitation & divorce provisions that protect you & your kids.
- Change your phone number, contact the phone company to be unlisted.
- If you moved out/ left your home, never tell the abuser where you live. Never call the abuser from your home or cell phone, because the abuser may find out where you live.

## **SAFETY AND YOUR CHILDREN**

- Tell your kid's school about who can pick up your kids. Talk to your kids about who they should tell if they see your abuser.
- Find a safe place to exchange children for visitation.