

DOMESTIC VIOLENCE-SAFETY CHECKLIST

I have made my home as safe as possible by:

- Changing locks and adding deadbolts
- Hiding sharp objects and weapons
- Making telephones accessible

I have planned and rehearsed an escape route for me and my children by:

- Deciding where we will go in an emergency
- Showing the children what to do if the Batterer breaks in, or comes to their school/day care
- Teaching the children to call the police and safe relatives

I have packed an emergency bag and hidden it.

My emergency bag includes:

- Money: cash and change for phone calls
- Clothing for me and my children
- Diapers, medicine, toiletries
- Copies of Court Documents such as my Order of Protection, divorce decree, and custody papers
- Important Documents such as birth certificates, medical records, bank records, insurance, etc...
- Extra keys
- Telephone and address books with shelter and counselors numbers, safe friends and relatives
- My notebook or diary

I have explained my situation, and developed code words and phrases for _____ to call the police.

I have shown them pictures of the abuser and his vehicle.

- Children
- Neighbors
- Co-workers
- Children's Day Care
- Relatives
- Friends
- Children's School

I will keep accurate records & photos of events in a notebook or diary of dates and times of

- Conversations
- Episodes of violence
- Attempts at contact, voicemail messages, texts.

I will call the police if the batterer:

- Contacts me
- Follows me
- Has someone else follow me
- Threatens me
- Calls me

I will get a safe place to hide:

- My emergency bag
- Copies of all important papers
- Extra money
- Evidence, such as photos and notebook
- Extra sets of keys

I will:

- Practice my escape plan with my children
- Be aware of my surroundings at all times
- Stay calm in a panic situation
- Locate police stations and safe places, know where to go if someone is following me
- Keep plenty of gas in my car
- Always put my keys and purse in the same place
- Know who will help me in a crisis
- Use my judgment and intuition. I will protect myself and my children, until we are out of danger then, I will get help
- When I feel down and ready to return to an abusive situation, I will call _____ for support

For my children, I will:

- Tell their school and/or Day Care who is allowed to pick them up
- Give a copy of my custody papers and my Order of Protection to someone in charge at school and/or Day Care
- Teach them to remain calm in a crisis situation and how to call the police
- Limit my children's knowledge of hiding places and details to prevent them from accidentally telling the abuser

I know that

- The safety of myself and my children comes before anything else
- The abuse is not my fault. I do NOT deserve to be abused
- Through the support of community agencies and friends and family, I can help end the abuse