

MY SAFETY PLAN



The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner’s violence, I do have a choice about how to respond to him/her and how to best get myself and my children to safety.

WHEN I AM FEELING UNSAFE I CAN:

SAFETY DURING AN UNSAFE EVENT:	
I can keep my purse/wallet & car keys ready and put them:	(Location):
I will use a code with my children, family, or my friends so they can call for help/911:	
If I have to leave my home, I will go to:	
When I expect an argument, I will try to move to a place that is low risk, such as:	
Other steps that will help keep me/my children safe:	
PREPARING TO LEAVE:	
I will leave money and an extra set of keys with a safe person:	
I will keep copies of important documents or keys at:	
I will open a savings account by this date to increase independence:	
Other things I can do to increase my independence include:	
I will check and see who would let me stay with them or lend me money.	List 2 Names of People You Trust: 1. 2.
I can leave extra clothes or money with/at:	
I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence.	Friend or Advocate who will review plan with me:
I will rehearse my escape plan and, as appropriate, practice it with my children:	

I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month’s phone bill will show my batterer those numbers I called after I left. To keep my phone communications confidential, I must either use coins, or I might ask to use a friend’s phone card for a limited time when I first leave.

SAFETY WITH AN ORDER OF PROTECTION

I will keep my Protection Order:	(Location):
NOTE: Always keep your Protection Order on or near you. If you change purses/wallets/etc., that's the first thing that should go in the new purse/wallet/etc.	
I will give my Protection Order to Police Departments in the community where I work, visit friends or family, and in the community where I live.	
There should be county and state registries of Protection Orders that all police departments can call to confirm a PO. I can check to make sure that my order is on the registry. The telephone numbers for the county and state registries of PO's are:	County: State:
I will inform my employer, religious leader, closest friend(s), family member(s), etc. that I have a Protection Order in effect:	
I understand that if my partner destroys my Protection Order, I can get another copy from the Clerk's office.	
I understand that if the police do not help, I can contact an advocate or an attorney and file a complaint with the Chief of Police or Sherriff.	
I understand that if my partner violates the Protection Order, I can call the police and report the violation:	

PREPARING TO LEAVE: CHECKLIST

Identification for myself	
My Birth Certificate	
My Children's Birth Certificates	
Social Security Card(s)	
School & Vaccination Records	
Money	
Checkbook, ATM Card	
Credit Card(s)	
Keys for House, Car, Office, etc.	
Driver's License & Registration	
Title to Car	
Title/Deed/Lease for House/Apartment	
Medication(s)	
Copy of Protection Order	
Welfare Identification, WIC Card, etc.	
Passport(s), Divorce Papers	
Medical Record(s) – Includes all Family Members	
Bank Books, Insurance Papers	
Address Book	
Pictures/Significant Jewelry	
Children's Favorite Toys and/or Blankets	

TELEPHONE NUMBERS I NEED TO KNOW:

Police/Sherriff's Dept:

Domestic Violence Program:

My Advocate's Number:

Emergency Contact Number:

Iowa Victim Service Call Center:
1-800-770-1650 or text 'IOWAHELP' to 201-21

National Domestic Violence Hotline:
1-800-799-7233
1-800-787-3224

National Human Trafficking Hotline: