

Safety Plan

Planning ahead and creating a safety plan can increase your safety while in your relationship and if/when the relationship is over. Print this document, fill it out, and store it in a safe place.

To increase your safety in the relationship, consider the following:

1.) I'll have important phone numbers available to my children and myself:

Police: _____

Hotline: _____

Shelter: _____

Friends: _____

2.) I will tell _____ and _____ about the violence and ask them to call the police if they see or hear suspicious noises coming from my house.

3.) If I leave my home, I will go to.... (try to list at least 4 places)

4.) I will leave extra money, car keys, clothes and copies of documents

with: _____.

5.) To insure safety and independence, I will try to keep change for phone calls with me at all times; open my own savings account; rehearse my escape plan with my children and support person and review my safety plan on the following

date: _____.

To increase your safety when the relationship is over, consider the following (print, fill out, and store in a safe place):

1.) I can change the locks and install steel/ metal doors; a security system; smoke detectors and an outside lighting system.

2.) I will inform _____ and _____ that my abuser no longer lives with me and ask them to call the police if he is observed near my residence or my children.

3.) I will tell people involved in the care of my children who have permission to pick them up. The people who have permission are:

4.) I will tell _____ at work about my situation and ask _____ to screen my calls.

5.) I can avoid stores, banks and _____ that I used when living with my abuser.

6.) If my abuser is in custody and I want to be notified of his/ her release, I need to call the Custody Referee at 541-682-4201 **as well as** the shift supervisor of the Lane County Jail at 541-682-4263.

7.) I can obtain a restraining order from the Circuit Court and keep it on or near me at all times as well as a photocopy with: _____.

8.) If my abuser violates the restraining order, I will call the police.

9.) If I have a restraining order and plan to move out of Lane County, I will get a certified copy of my restraining order for \$10 by going to the Office of Court Records on the second floor of the Lane County Courthouse, 125 E. Eighth Avenue, in Eugene. When I've moved, I will give this certified copy to the court in my new county of residence so I'll still be protected under provisions of the Lane County restraining order.

10.) If I feel down and ready to return to a potentially abusive situation I will call _____ for support or attend workshops and support groups to gain support and strengthen my relationships with others.

11.) I will protect the confidentiality of my phone number and address. In our area, Qwest offers Caller ID — a service that lets me know who's calling before answering the phone. The name and phone number of callers appear on a small display unit attached to the phone. For more information about caller ID, I can call Qwest at 1-800-636-9393. If I don't want my abuser or others to have my number, I can dial *67 before each call I make or have Qwest put a permanent block on my number. To make sure my address is kept confidential, I will talk to my children's schools, utilities, my bank, my welfare caseworker (Oregon Adult and Family Services), my local branch office of the Department of Justice Support Enforcement Division, the Department of Motor Vehicles (503-945-5511), creditors, friends and family. I will make sure the courts have a reliable address to reach me, but I don't have to put my address on court documents my abuser will see. I understand that the courts must have an address for me.

12.) I can use a pre-arranged code word to signal my family, friends and neighbors to call the police. The code word is _____.

13.) If I leave, I will bring:

- Identifications
- My and my children's birth certificates
- Social security cards
- School and medical records
- Money, bank books, credit cards
- Keys—house, car office
- Driver's license, registration, car title
- Medications
- Welfare Identification
- Passport(s), Green Card, work permits
- Divorce papers
- Lease/rental agreement, house deed, mortgage book, unpaid bills
- Insurance papers
- Address book
- Pictures, jewelry, items of sentimental value
- Children's favorite toys/ blankets
- A certified copy of my restraining order so I can be protected if I move out of Lane County.