



Riverside County Family Justice Center Safety Plan

A safety plan is a way of protecting yourself and your family from domestic violence. Once you have developed your plan, memorize it and practice it. Keep this plan in a safe place away from the abuser.

Safety When...

Living with the Abuser

- Avoid arguing in a closed place with no exits
- Avoid arguing in kitchen with possible weapons
- Practice escape routes
- Place a copy of birth certificate, insurance, school, credit cards, money, medications, welfare, immigration papers, ATM with friends.
- Who can you call in case of an emergency
- Notify neighbors of your situation and ask them to call the police if they hear angry or violent noises.
- Practice ways to get out of your house safely
- Know the locations of bus, trolley, and police stations
- Develop and memorize an escape plan
- Try to remove weapons from the house safely

Safety When...

You are at work

- Save threatening or intimidating emails or calls
- Park close to entrances/exits
- Screen your calls
- Include workplace on restraining orders
- Provide a picture of abuser to security/receptionists
- Inform employer about a safety person to call in case of absence
- Look at alternate work hours or locations
- Ask security/employee to walk you to your car
- Relocate your work place to a more secure area
- My safety person at work will be: _____

Safety When...

Living Away from the Abuser

- Varying driving routes
- Change locks
- Locate community shelters
- Find legal assistance
- Develop a plan to travel safely to and from work
- Do not frequent areas visited by abuser
- Make plans for pets
- Identify a safety person that will hold personal items. My safety person will be: _____
- Open up a checking account in your name

Safety When...

Taking Care of Children

- Minimize children's exposure to fighting
- Refrain from discussing the abuser with children
- Provide Day Care/School with a copy of restraining order and a photo of Abuser
- Develop custody and visitation orders that keep you and your children safe
- Teach children how to dial 911
- Teach children who to call for help
- Obtain assessments and/or counseling for children

- Keep a charged cell phone with you at all times
- Change home telephone number and get it unlisted
- Keep a copy of the restraining order with you at all times
- Consider getting a P.O. Box
- Notify your neighbors of your situation and ask them to call police if they see the abuser
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- Think about how you could take your children with you safely. There are times when taking your children with you, you may put all of your lives in danger. You need to protect yourself to be able to protect your children.
- Teach children not to get in the middle of a fight, even if they want to help
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Items to take with you when you leave

- Money
- Keys to car, house, work
- Extra clothes
- Medicine
- Important papers for you and your children, including bank books, passports, green cards, work permits, immigration papers, social security cards, school and medical information
- PPO, divorce papers, custody orders
- Pictures, jewelry, things that mean a lot to you
- Address book
- Items for your children (toys, blankets, etc.)
- Insurance papers
- Mortgage payment book, unpaid bills
- Car registration
- Welfare identification
- Leave/rental agreement

Technology Safety

- Try to use a public computer
- Change your password often
- Try to avoid visiting shared networks (Craig's List, Facebook, MySpace, etc.)
- Do not try to sell things online or use Ebay
- Delete any information about friends' addresses
- Delete your web history and information
- Search for your information on Google or ZABA search, then write them and request your information be deleted

