

Safety Planning

You have a right to be safe. The following is a list of ideas to help you stay safe.

- ◆ Identify a neighbor or friend who you can tell about the violence and ask them to call 911 if they see or hear anything of concern.
- ◆ Have a plan for where you can go if you need to leave in an emergency.
- ◆ Keep a bag packed in an undisclosed location.
- ◆ Begin establishing your independence by doing job training, setting up a bank account, scheduling child care.
- ◆ Find out about resources within your community such as shelters, police, and counseling services.
- ◆ Be aware of your surroundings when you are going to and from work or home.
- ◆ Vary your daily routine.
- ◆ Keep a cell phone with you at all times.

If you plan to leave, you may want to take:

Personal identification, Birth Certificates, medications, address book, Passport, Drivers License, money, insurance information, Social Security cards, school records, and any other legal documentation that may be beneficial.

If you need help developing a personal safety plan, call 972-721-6560 or the National Domestic Violence Hotline at 1-800-799-7233.