

Building a Safety Plan

When you are safe at home:

- Call VOICe. Find out about legal options and other resources that exist to help you.
- Make a list of important phone numbers.
- Prepare a **SAFETY BAG** and store it in a safe place where you can get it quickly.
- Know exactly where you could go and how to get there if you need to flee.
- Make sure your children are aware of what to do in case of an emergency.

During the violence:

- Call the police (911)
- Grab your safety bag, if you can safely.
- **GET OUT!**

After the violence:

- Get medical help and be honest about how you were injured.
- Save any evidence of violence like ripped clothes or photos of injuries.
- **Call VOICe**

What you should take when you leave:

- Identification
- Drivers license, car title and registration
- Birth certificates for yourself and your children
- Marriage certificate
- Any extra money, credit cards, ATM cards, checking/savings information
- PFA order, if you have one
- Health insurance or medical cards
- Extra set of house and car keys
- Social security card for yourself and children
- Medications and prescriptions
- Custody or divorce papers
- Immigration papers

In order to remain safe, you can attempt to get a PFA to:

- Keep your abuser away from you and your family
- Give you temporary custody of your children
- Make your abuser pay support
- Take away your abuser's weapons

Safety with a Protection From Abuse Order (PFA)

- Keep your PFA with you at all times. If you do need to call the police, you are able to show the police officer the order when s/he responds.
- Leave extra copies of your PFA with your employer, children's school, with a friend, in your car, etc. Call the police if your abuser violates the PFA in any way. Any contact or activities that put you in fear, you should report to your attorney and/or your local police department.
- Think of alternative ways to keep safe if the police do not respond immediately.
- Try to avoid places where your batterer may go.

YOU HAVE THE RIGHT TO BE SAFE!