



Safety Planning

A safety plan is a specific plan you make and update with the help of an advocate to help you manage risks from your abuser in all parts of your life - where you live, work, go to school, etc. Your safety plan also helps you develop allies - people you can turn to if you find yourself in danger.

Safety Planning When Preparing to Leave

- Only tell a trusted friend or family member where you are going.
- Keep all important documents in one safe place
- Have an extra set of keys made.
- Change all passwords and pin numbers.
- Have a light bag packed with essentials ready to go. Keep it in a safe place or with friends or family.
- Try to set aside money if possible. Start your own checking or savings account in a new bank. Use the address of a trusted friend or family member when setting up the account.
- Be mindful your abuser may have access to your phone records, also turn all location services off if possible.
- Consider talking to Turning Point about temporary shelter or other services.

If You Are Staying In Your Home

- Change your locks on all doors.
- Arrange a safe, neutral place for custody changes if necessary.
- If your abuser comes to your home, do not let them in. Keep all doors locked and call the police.

Personal Safety Planning

- Identify a trustworthy person you can rely on and keep their contact information with you.
- Memorize hotline numbers.
- Learn about support groups and counselors in your area that can address your needs.
- If you have to communicate with your abuser, determine the safest way to do so and try not to be alone with them.
- Listen to your instincts. Often the best predictor of violence is your perception of danger.
- If you decide to return to your abuser, discuss a safety plan with someone you trust.



Checklist: What to take with you when you leave...

- Identification/ driver's license
- Keys - house/car/office
- Birth certificates for you and your children
- Medical records
- Social security cards
- Protection orders/restraining orders
- Insurance cards
- Medications
- School records/shot records
- Money, checkbook, ATM, or credit cards
- Lease/rental agreement or deed
- Divorce papers
- Important sentimental items.



Tips for Court

if you will be entering and leaving court buildings where your abuser will be, it is important for you to plan for safety. Here are some tips:

- Bring a support person and an advocate, if you can.
- Ask that the abuser be required to stay 15 minutes after the hearing so you can leave safely.
- Ask for a bailiff or security officer to escort you in and out of the building.
- Ask to wait in a separate waiting area from the abuser.
- Have a plan with a support person or advocate to meet after court and re-evaluate your safety plan based on what happened at court, and to also get support.

If you are experiencing domestic violence, we are here to help...

740-382-8988

800-232-6505

turningpoint6.org

text **tphelp** to 20121

Services are available to any victim regardless of race, color, religion, gender, sexual orientation, national origin, age, disability, marital status, amnesty, or status as a covered veteran in accordance with applicable federal, state, and local laws. All services are confidential.

LEP/Deaf/Hard of Hearing Service are available.

This publication is supported by a Victim of Crime Act (VOCA) grant award administered by the Ohio Attorney General's Office.



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& Recovery Services Board**
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