

Safety Plan Checklist

If you are being abused, please consider using this vital checklist. It could easily save you from further injury whether you stay or leave the one who hurts you.

- I've talked to a friend or relative I trust about the abuse.
- I will call 911 if I feel threatened or am in danger.
- I can call _____ at _____ if needed.
- For a safe place I can go to _____
- To ensure my children are safe, I will _____

- I am keeping clothing, medicine, important papers and some cash at a friend's house.
- I carry extra keys for my home and car at all times.
- I know where these documents are, so I can find them in a hurry.
 - Driver's license
 - Social Security card
 - Welfare ID
 - Passport
 - Naturalization/Immigration card
 - Birth Certificate
 - Car Registration
 - Medical records
 - Immunization records
 - School records
 - Insurance policies
 - Divorce papers
 - Restraining order
 - Work permit
- I have bankbooks, checkbooks and credit cards with me at all times.
- List of emergency phone numbers:

Women's Center-Youth & Family Services

24-Hour Domestic Violence Helpline: (209) 465-4878