

- Plan to **attend a women’s or victims’ support group** for at least two weeks to gain support from others and learn more about yourself and the relationship.
- Decide which friend**, teacher, relative or police officer you can tell.
- Contact an advocate at the court or local domestic violence program** to learn how to obtain a restraining order and make a safety plan.

**consider taking the following items if you leave**

- Driver’s license or other form of ID
- Birth certificates (yours and family members’)
- Money, bank books, checkbooks, credit cards, ATM cards, mortgage payment book
- Papers such as Social Security card, work permit, green card, passport
- Divorce and custody papers
- Insurance papers and medical records
- Lease, rental agreement, house deed
- Keys– house, car, office, safety deposit box, or post office box
- Medications, glasses, hearing aids, assistive devices needed for you and your children, grandchildren and other dependents
- Personal items such as address book, pictures, jewelry and items of sentimental value

**Important Telephone Numbers**

**Emergency**

911

**YWCA phone numbers**

**24-hour Helpline**

608-752-2583 or 1-800-750-7990

**24-Hour Textline**

608-371-9288

**Business Line**

608-752-5445

**Legal & Women’s Advocate**

608-752-5445 x 216

**For services in Spanish**

**Immigrant Outreach Program**

608-752-5445 x 215

**YWCA Rock County**

**1735 S. Washington Street  
Janesville, WI 53546**

**ywcarockcounty.org**

**non-discrimination policy**

ywca rock county is committed to providing equal opportunity and reasonable accommodations in its services, programs, activities, and employment.



United Way  
Blackhawk Region

Rev11202015

**For information about domestic abuse services outside your community**

**End Abuse WI**

608-255-0539 Madison

endabusewi.org

**National Domestic Violence Hotline**

1-800-799-SAFE (7233)

Adapted from the Safety Plan developed by the Cambridge, Massachusetts Police Department 1994.

Permission has been granted for this material to be used in the context as originally intended. Parts of the information in this brochure are excerpted from “Safety Planning: How You Can Help” (2003)

**safety plan for victims of domestic violence**



**eliminating racism  
empowering women**

**ywca**

rock county

**the safety plan** is for domestic abuse victims of any age who may be abused by or afraid of their spouse / partner, boy/girlfriend, adult child or other family member. Safety planning helps develop tools in advance of potentially dangerous situations. Choose only the suggestions listed here that make sense for your set of circumstances. Take extra precautions when weapons are present in the home.

### during an explosive incident

- If you can see an argument coming, (often you can't), try to **go to a room or area that has access to an exit** and not in a bathroom (near hard surfaces), a kitchen (knives), or anywhere near weapons.
- Try to **stay in a room with a phone** so you can call 911, the police, a friend or a neighbor.
- Keep a cellular phone with you at all times**, if possible.
- If weapons are in the home, **inform law enforcement**.
- Practice how to get out of your home safely. **Visualize your escape route**. Identify the best doors, windows, elevator, or stairwell.
- Have a packed bag ready** with any medications and other important items. Keep it hidden in a handy place in order to leave quickly. Consider leaving the bag elsewhere if your abuser searches your home.
- Ask a neighbor to call the police** if they hear a disturbance in your home.

- Devise a code word** to use with your children, grandchildren and others to communicate that you need the police.
- Decide and **plan for where you will go** if you have to leave home (even if you don't think you will need to).
- Use your instinct and judgment**. If the situation is very dangerous, consider any action that might calm things down, to give you time to assess what to do next.

- Always remember—**YOU DON'T DESERVE TO BE HIT OR THREATENED!**

### when preparing to leave

- Open a savings account** in your own name to establish or increase your independence. Consider direct deposit of your paycheck or benefit check.
- Leave money, an extra set of keys, copies of important documents and extra clothes with **someone you trust** so you can leave quickly.
- Bring any medications**, prescriptions, and glasses, hearing aids or any other assistive devices you may need.
- Determine who** would be able to let you stay with them or lend you money. Call the YWCA 24-HR HELPLINE 752-2583.
- Keep change or a telephone calling card with you at all times for emergency calls.
- If you are 60 years or older, **contact your county/tribal aging unit** to learn eligibility for public and private benefits and services such as; **Social Security, Pension, Housing, Transportation and Medical Insurance**.

- Review your safety plan** as often as possible in order to plan the safest way to leave your abuser.

### in your own home

(If your abuser does not live with you)

**REMEMBER—LEAVING CAN BE THE MOST DANGEROUS TIME. BE SAFE!!**

- Change the locks** on your doors as soon as possible. Buy additional locks and safety devices to secure your windows. Consider installing or increasing your outdoor lighting.
- If you have children, grandchildren, or other dependents living with you, **discuss a safety plan** for when you are not with them and inform their school, daycare, etc., about who has permission to pick them up.
- Inform neighbors and your landlord** that your abuser no longer lives with you and that they should call the police if they see your abuser near your home.

### with a restraining order

- Keep your restraining order with you at all times**. (When you change your purse, this should be the first thing that goes into it.) If it is lost or destroyed, you can get another copy from the County Clerk of Courts office.
- Call the police** if your abuser violates the conditions of the restraining order.
- Think of alternative ways to keep safe** in case the police do not respond right away.

- Inform family, friends, teachers, and neighbors that you have a restraining order in effect.

### in public

(At school, on the job or at social, recreational and volunteer activities)

- Decide who you will inform of your situation**. This could include your school, office or building security. (Provide a picture of your abuser if possible).
- Arrange to **have someone screen your telephone calls**, if possible.
- Devise a safety plan for when you are out in public**. Have someone escort you to your car, bus, or taxi. If possible, use a variety of routes to go home. Think about what you would do if something happened while going home.

### safety & emotional health

- If you are thinking of returning to a potentially abusive situation, **discuss an alternative plan** with someone you trust.
- If you have to communicate** with your abuser, arrange to do so in a way that makes you feel the safest, whether by phone, mail, in the company of another person, in a public place, or through a third party.
- Have positive thoughts about yourself** and be assertive about your needs.
- Read books, articles, and poems** to give you strength.
- Decide who you can call to talk freely** and openly, and who can give you the support you need. Consider calling a domestic violence crisis helpline.