



SAFETY PLAN

(IMPORTANT: KEEP THIS IN A SAFE & PRIVATE PLACE)

- ❖ **Before** planning to escape and it is SAFE to do so, consider packing an “escape bag” and keep it in a place where the abuser is unlikely to find it. IMPORTANT ITEMS TO INCLUDE:
 - Birth certificates, social security cards, credit cards/cash/checkbook
 - Medications, important records, and insurance policies
 - Extra set of car keys, baby items (if applicable), change of clothes ***if you think the abuser might find the bag and attack, put their clothes in too and call it a “hurricane bag”***

AFTER YOU LEAVE THE ABUSIVE RELATIONSHIP

(This is the most **DANGEROUS** time. It is **VITAL** to remain safe and have a plan)

There is **NO** reason to **EVER** meet up or talk with your abuser alone. **EVER!**

1. Get to a safe place! See if there is a friend or family member you can stay with. If not PLEASE seek shelter: **N. Pinellas: The Haven** 727-442-4128 **S. Pinellas-CASA:** 727-895-4912
Pasco-Sunrise: (352) 521-3120 **Hillsborough-The Spring:** 813-247-7233
Manatee-HOPE Family Services: 941-755-6805
2. Relocate! There are possible funds available through certified DV centers
3. Consider filing for an “Injunction for Protection” (restraining order). We can help you. DO NOT DROP the injunction for any reason.
4. CHANGE your phone number and service provider
5. CHANGE the locks on your doors, ADD locks to windows if needed, install security system with alarms, possible motion sensor lights outside.
6. Inform work, school, friends, family, and neighbors of the situation. Tell them to call 911 if they see the abuser, suspect suspicious activity, or hear screaming.
7. If you have children: PLEASE be sure to change pick-up authorization and inform your child
8. Think of a CODE WORD to use to let family/friends know if you are in danger and unable to safely call 911.
9. NEVER agree to meet with them. Report any attempted contact to authorities. (if an injunction is in place, violations=arrests)
10. Seek counseling! This is an extremely difficult time...there are support groups and so much help available. Again, we can help get you there!
11. Change services that are traceable (bank, credit cards, phones, doctors, daycares etc.)
12. Take different routes when traveling. We are creatures of habit...BREAK THEM! Think of your daily patterns or activities.
13. Consider entering Florida’s Address Confidentiality Program. We can help ☺
14. Protect yourself. Be AWARE at all times of your surroundings. (carry mace/keys between fingers/phone out & available to call 911/check around & under car)