

DOMESTIC VIOLENCE SAFETY PLAN

WE'RE HERE TO HELP

Crisis & support services are always free & confidential. It doesn't matter when the abuse occurred or whether it was reported.

YWCA Mohawk Valley Resources

two 24-hour free & confidential crisis hotlines
legal & medical advocacy & accompaniment
one-on-one counseling & support groups
emergency shelters & transitional housing
training, education, & outreach
information & referrals

Oneida County Hotline

domestic & sexual violence
call or text 315.797.7740

Herkimer County Hotline

sexual violence & child advocacy
call 315.866.4120

Chat with an Advocate

directly reach an advocate anytime through
our secure & private chat server
ywcamv.org/Chat

Administrative Office, Utica

7 Rutger Park | Utica, NY 13501
317.732.2159

Herkimer Co. Child Advocacy Center

284 West Main Street | Ilion, NY 13357
315.895.0349

eliminating racism
empowering women

ywca
Mohawk Valley

YOUR SAFETY PLAN

Name: _____

Date: _____

When Violence Occurs

I can have my purse & car keys ready by keeping them:

I can tell: _____

about the violence & ask them to call the police if they see or hear fighting, yelling, screaming, etc.

I can teach my children to call 911 in an emergency.

I will set up a Code Word with my children so they know to go somewhere safe & call 911 in an emergency.

Our Code Word is: _____

During an argument, I can move to this safe, OPEN space:

I will avoid small rooms, the bathroom, the kitchen, rooms with one exit, & rooms with no exits to outside.

If I need to leave home, I can go: _____

Safety w/ Order of Protection

I can keep an extra copy with: _____

I can inform my employer, minister, close friends, etc. that I have an Order of Protection. If they see my partner violate this order, they can call the police.

Emotional Safety

If I am feeling down & need support, I can call:

I can attend counseling services here:

I can block or delete my abuser & any negative friends from my phone & social media.

I will remind myself that I am a strong & independent person, & no one else can control me.

I can attend workshops & support groups at YWCA MV to gain support & strength.

Preparing to Leave

If I need to leave quickly, I can:

Keep extra money & spare keys with: _____

Keep extra clothes & toiletries with: _____

Prepare a **GO BAG** to keep with someone I trust, like:

My **GO BAG** should include as many of the following items as possible:

- | | |
|--|---|
| <input type="checkbox"/> Birth Certificates &/or Acknowledgment of Paternity | <input type="checkbox"/> Form of Payment (cash, check, debit card, credit card, ATM card, etc.) |
| <input type="checkbox"/> Social Security Card(s) | <input type="checkbox"/> Copies of House/Car Keys |
| <input type="checkbox"/> Photo ID (driver's license, passport, etc.) | <input type="checkbox"/> List of ALL Medications for Me & Children |
| <input type="checkbox"/> Insurance/Benefit Cards | <input type="checkbox"/> PO Box Keys (if applicable) |
| <input type="checkbox"/> Marriage &/or Divorce Certificates | <input type="checkbox"/> At Least One Month Supply of Medications |
| <input type="checkbox"/> Immigration Papers &/or Green Card (if applicable) | <input type="checkbox"/> Small Keepsakes (pictures, jewelry, etc.) |
| <input type="checkbox"/> List of Important Phone Numbers & Contacts | <input type="checkbox"/> Children's Toys (small & easy to transport) |
| <input type="checkbox"/> Rental Agreements | <input type="checkbox"/> Spare Children's Clothing |
| <input type="checkbox"/> Car Titles, Registration, Insurance Info, etc. | <input type="checkbox"/> Copies of Previously Filed Police Reports |
| <input type="checkbox"/> Any Current Court Orders | |

Safety in my Home

I can inform: _____

that my partner no longer resides there & if they are seen near my residence, the police should be called.

I will not give my abuser my new phone number or address if I change either one.

I will tell neighbors, close friends, & family that if I move or change my phone number NOT to give the new information to my abuser.

SAFETY PLANNING WITH CHILDREN

It is the responsibility of the parent to review safety plans with children.

Exits from my house that my children know:

In an emergency, we can go to:

When adults fight, children can go to this safe place:

Our Code Word is: _____
When my child hears it, they know to call 911.

Important names & phone numbers for my child to know:
