**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

**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.
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.

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:

☐ Birth Certificates &/or Acknowledgment of Paternity
☐ Social Security Card(s)
☐ Photo ID (driver’s license, passport, etc.)
☐ Insurance/Benefit Cards
☐ Marriage &/or Divorce Certificates
☐ Immigration Papers &/or Green Card (if applicable)
☐ List of Important Phone Numbers & Contacts
☐ Rental Agreements
☐ Car Titles, Registration, Insurance Info, etc.
☐ Any Current Court Orders

☐ Form of Payment (cash, check, debit card, credit card, ATM card, etc.)
☐ Copies of House/Car Keys
☐ List of ALL Medications for Me & Children
☐ PO Box Keys (if applicable)
☐ At Least One Month Supply of Medications
☐ Small Keepsakes (pictures, jewelry, etc.)
☐ Children’s Toys (small & easy to transport)
☐ Spare Children’s Clothing
☐ Copies of Previously Filed Police Reports

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:

___________________________________________________________

___________________________________________________________

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.

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