## SAFETY PLAN

In case of an emergency, where will you go? What do you need? Your safety is the most important thing.

*The following is a check-list of things that may or may not apply to you and your family:

<table>
<thead>
<tr>
<th>Check-list</th>
<th>Already Done</th>
<th>Need To Do</th>
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<tbody>
<tr>
<td>Have some money (even a few dollars) set aside</td>
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<tr>
<td>Think of a friend or family member that will allow you to stay with them</td>
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<td>Make copies of important documents and keep in a safe, accessible place (ex: passport, ID card, birth certificate, SS card, marriage license, titles, bank documents)</td>
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<td>Give a photo of the offender and a description of the offender’s vehicle to neighbors, your place of employment, child’s school, shelter, etc.</td>
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<td>If restraining / protective order is in place, provide copies of order to your place of employment, child’s school, shelter, etc.</td>
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<td>Make reports of all incidents to law enforcement</td>
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<td>Keep personal log / journal for yourself of all incidents, feelings, thoughts, plans, concerns, etc.</td>
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<td>Vary your routes of travel and routine</td>
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<td>Rent a post office box (offender will not have access to your mail)</td>
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<td>Take photos of any evidence (injuries, property damage, etc.)</td>
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<td>Have a “Plan B” in case your first plan is compromised</td>
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<td>Rent a storage unit or ask to use a friend’s garage to store belongings (you can slowly move your things to another location—may not be as obvious)</td>
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<td>Keep a cell phone with you at all times</td>
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<td>If you own mase, a taser, or other weapon, be familiar with how it works; it can always be used against you if you cannot operate it</td>
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<tr>
<td>Have emergency bag packed for you and your children</td>
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<tr>
<td>Create an “emergency word” with your friends or children so they know when it is time to leave, put plan into action, call the police, etc.</td>
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</tbody>
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Make copies of keys to mailbox, storage unit, house, car, etc.  

Think of a place where your pet can stay if you have to leave  

Gather all necessary prescriptions  

Familiarize yourself with the nearest hospitals  

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**IF YOU HAVE ALREADY LEFT YOUR ABUSER:**

- You still need to think about your safety
- Inform your friends and family that you are no longer living with your abuser and tell them to call 911 if they see your abuser near your home
- Be careful of who you tell your new address to (if you have moved)
- Consider changing your locks and installing sensor lights
- Have law enforcement stand-by while you retrieve your belongings from the abuser’s residence
- Review and practice your safety plan often

**When abusers feel a loss of control - like when victims try to leave them - the abuse often gets worse. Take special care when you leave.**

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**Local resources available to you:**

- Emergency shelter (undisclosed location)
- Food pantries
- Family Services, Inc.
- Victim Assistance Programs (Winston-Salem Police Dept. and Forsyth County Sheriff’s Office)

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**At the very least, your basic needs that must be met immediately:**

1) Safety  
2) Food  
3) Shelter  
4) Health Care

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**Things you can decide later:**

- Your decision regarding prosecution  
- Counseling for you and your children  
- Child custody (if an order is not already in place)

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**Important Telephone Numbers:**

Sexual Assault Response—336-722-4457  
Domestic Violence Crisis Line—336-723-8125  
Winston-Salem Police Department—336-773-7700  
Forsyth County Sheriff’s Office—336-727-2112  

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Forsyth Medical Center—336-718-5000  
Domestic Violence Crisis Line—336-716-2011  
Winston-Salem Police Department—336-773-7700  
Forsyth County Sheriff’s Office—336-727-2112  

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**Non-emergency**

**Emergency—911**