

# 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:

| <b><u>Check-list</u></b>   | <b><i>Already Done</i></b> | <b><i>Need To Do</i></b> |
|--|----------------------------|--------------------------|
| Have some money (even a few dollars) set aside   | <input type="checkbox"/>   | <input type="checkbox"/> |
| Think of a friend or family member that will allow you to stay with them   | <input type="checkbox"/>   | <input type="checkbox"/> |
| Make copies of important documents and keep in a safe, accessible place<br>(ex: passport, ID card, birth certificate, SS card, marriage license, titles, bank documents) | <input type="checkbox"/>   | <input type="checkbox"/> |
| 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.                           | <input type="checkbox"/>   | <input type="checkbox"/> |
| If restraining / protective order is in place, provide copies of order to your place of employment, child's school, shelter, etc.  | <input type="checkbox"/>   | <input type="checkbox"/> |
| Make reports of all incidents to law enforcement   | <input type="checkbox"/>   | <input type="checkbox"/> |
| Keep personal log / journal for yourself of all incidents, feelings, thoughts, plans, concerns, etc.   | <input type="checkbox"/>   | <input type="checkbox"/> |
| Vary your routes of travel and routine   | <input type="checkbox"/>   | <input type="checkbox"/> |
| Rent a post office box (offender will not have access to your mail)  | <input type="checkbox"/>   | <input type="checkbox"/> |
| Take photos of any evidence (injuries, property damage, etc.)  | <input type="checkbox"/>   | <input type="checkbox"/> |
| Have a "Plan B" in case your first plan is compromised   | <input type="checkbox"/>   | <input type="checkbox"/> |
| 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)                      | <input type="checkbox"/>   | <input type="checkbox"/> |
| Keep a cell phone with you at all times  | <input type="checkbox"/>   | <input type="checkbox"/> |
| 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                                     | <input type="checkbox"/>   | <input type="checkbox"/> |
| Have emergency bag packed for you and your children  | <input type="checkbox"/>   | <input type="checkbox"/> |
| 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.                              | <input type="checkbox"/>   | <input type="checkbox"/> |

|  | <i>Already Done</i>      | <i>Need To Do</i>        |
|--|--------------------------|--------------------------|
| Make copies of keys to mailbox, storage unit, house, car, etc. | <input type="checkbox"/> | <input type="checkbox"/> |
| Think of a place where your pet can stay if you have to leave  | <input type="checkbox"/> | <input type="checkbox"/> |
| Gather all necessary prescriptions                             | <input type="checkbox"/> | <input type="checkbox"/> |
| Familiarize yourself with the nearest hospitals                | <input type="checkbox"/> | <input type="checkbox"/> |

**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.**

**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)

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

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

**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)

**Important Telephone Numbers:**

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

Forsyth Medical Center—336-718-5000  
 3333 Silas Creek Parkway, 27103  
 WFU Baptist Medical Center—336-716-2011  
 301 Medical Center Blvd., 27103  
**EMERGENCY—911**