

Safety Planning Checklist

General Tips for Safety

- Call 911
- Plan your child's escape plan and where they will go
- Have an after escape destination & transportation planned
- Identify safe location for your pet
- Avoid places where abusive partner may frequent
- Introduce code words to let someone trusted know you are in danger
- Disclosing details of domestic violence services
- Identify helpers around you and a support system
- Keep a charged cell phone. All cell phones can call 911 regardless of if they have minutes.
- Identify safe places while out or divert to police station
- Call Micah's Place hotline (904) 225-9979
- Make noise to draw attention for help
- Create an escape bag to include important documents, change of clothing, and an extra set of keys. Leave with a trusted family member/friend.

Technology

- Make social media accounts private
- Consider removing the ability for someone to tag you in a post on social media
- List yourself under a nickname or different name
- Disable GPS on phone
- Refrain from disclosing personal information
- Change passwords on all accounts (Facebook, cell phone bill, etc.).
- Change phone number
- Clear browser history

Legal

- Address Confidentiality
- Injunction for Protection
- Victim Compensation

New Residence

- Avoid secluded or dead end roads
- Consider using an entry alarm
- Ensure there is good outdoor lighting in the dark
- Park vehicle behind building or out of sight

Financial

- Cancel bank account/Consider banking elsewhere
- Open personal account in your own name
- Remove partner from account information
- Change billing information

Work/School/Daycare

- Remove abusive partner from child's pickup list
- If IFP is in place, provide school/work with copy
- Utilize buddy system when entering/leaving work
- Alert security at work if this is an option
- Park your car in a hidden location
- Inquire about time off to handle DV matters

Notes
