

Creating Your Safety Plan

This plan is private. Keep it safe. Share only with those you trust.

Emergency Kit:

- ☐ Identification (ID, passport, birth certificate)
- ☐ Financial Resources (cash, credit cards)
- ☐ Medication or prescriptions
- ☐ Important documents (court orders, medical records)
- ☐ Phone and charger
- ☐ House and car keys

Escape Plan:

- ☐ Safe places to go (trusted friends, shelter)
- ☐ Transportation options
- ☐ Backup escape routes

Communication:

- ☐ Trusted contacts list
- ☐ Code word for emergencies
- ☐ Block unwanted contacts on all communication

Legal Protections:

- ☐ Obtain a restraining order
- ☐ Contact law enforcement for protection
- ☐ Keep legal documents up to date

Children's Safety Plan:

- ☐ Teach children how to use 911
- ☐ Teach children code word for emergencies
- ☐ Designate trusted adults for emergency childcare

Technology Safety:

- ☐ Change passwords regularly
- ☐ Use encrypted communication apps
- ☐ Check for spyware or tracking apps

Work and school safety:

- ☐ Inform your workplace and school
- ☐ Plan safe route to work or school