



# SAFETY PLANNING



## CALL 911 IF YOU ARE IN DANGER

### SAFETY IN MY HOME

- Trust your intuition and think of what has kept you safe in the past
- When things get heated, avoid the kitchen, bathroom, or bedroom; and make sure you have a clear path to an exit so that you can flee to safety
- Have a family code word to indicate danger
- Teach your children a safe place to go if things get heated
- Teach your children to dial 911 or find an adult to help

### SAFETY IF LEAVING

- If you are planning on leaving, do not give any indication of your plans.
- Designate a safe place for you and your children to go (friend, neighbor, family member, or shelter)
- Keep in mind that your abuser may be stalking you via your cell phone or social media.
- Know where important documents are in case you must leave quickly or keep important documents with a trusted friend.



*Funded by U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau Grant D89MC23140.*

# SAFETY CARD

# SAFETY PLANNING

## SAFETY AFTERWARDS

- Talk to a legal advocate about getting an Order of Protection and other steps to keep you and your children safe
- Change the passwords for your voicemail, social media accounts, and email.
- Talk to a domestic violence advocate for more specific safety planning for your situation.

## IMPORTANT ITEMS TO GATHER IF LEAVING

If you cannot safely get these before leaving that is okay—all of them can be replaced, but you and your children cannot!

- ✓ ID/Social Security cards
- ✓ Extra keys
- ✓ Birth certificates/Passports
- ✓ Medication
- ✓ Shot and school records
- ✓ Legal Papers
- ✓ Cash/Credit cards
- ✓ Passwords
- ✓ Something familiar and comforting for your children

## EMERGENCY PHONE NUMBERS

**Services Access for Domestic Violence Victims (SAF-DV)**

**To find a local shelter, call:  
844 SAFEDVS  
(723-3387)**

**Arizona Legal Advocacy  
Hotline: (602) 279-2900**

**National Domestic Violence  
Hotline:  
1 (800) 799-7233**

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**(Local Shelter)**

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**(RBHA Crisis Line)**