RED WOMEN RISING

SAFETY PLANNING
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**Prepare a Safe Room**
- Install inside locks on a door
- Plan barricades
- Choose a room with a window
- Have a telephone in the room; get a cordless phone
- Arrange a signal for help with a neighbor
- Remove weapons

**Find a Safe Shelter and Know How You Will Get To It**
- Arrange a stay with friends or family
- Call the closest shelter
- Decide whether or not you will take the children with you when you leave

**Document the Abuse**
- Keep a journal (make sure it’s hidden)
- Get photos taken of damage to yourself/property
- Get medical attention and have it in medical records
- Show injuries to a friend
- Make copies of bills for damage to property
- Make copies of hospital bills

**Identification/Important Papers/Copies to Have Ready:**
- Driver’s license/passport(s)
- Social Security Card(s)
- Birth Certificate(s)
- Immigration documentation
- Rent receipts or mortgage papers
- Social services papers
- Utility receipts
- Prescriptions
- Children’s birth certificate(s)
- Car title and registration
- Tax records
- Bank statements
- ATM/Credit Cards & Checkbook
- Medical Insurance cards
- Child custody papers
- Restraining order paperwork
- Marriage certificate
- Receipts for property paid for

**Money/Keys**
- Start hiding cash for yourself
- Open your own bank account
- Save pay-stubs
- Car keys/house keys
- Safety deposit box keys
- Post office box keys

**Pack a Suitcase**
- Shoes, socks, underwear, nightwear, change of clothes, diapers, toiletries, etc.
- Treasured possesions
- Hide it in the care, with family/friends, public locker or other safe places

**When You Leave**
- Try to leave while your abuser is away from home, or ask the police to help you. Protect yourself. If you take your children with you, it is important to contact the local District Attorney’s Child Abduction unit or private attorney about parental rights as soon as possible. If you fear your children are in danger, contact children protective services or the police as soon as possible.
Safety is Within Your Power

Safety during an abusive incident at home
• Avoid rooms with items that can be used as weapons (i.e. kitchens, bathroom)
• Avoid rooms or places without escape routes (i.e. closets, bathrooms)
• Establish a safe place to escape to (i.e. a neighbor’s house).

Safety after the abusive incident
• Call 911 if you are in danger
• Request copies of police reports
• Keep list of dates/times of all the police responses to your home
• Seek any necessary medical attention. Keep copies of any medical reports.
• Photograph injuries or property damage
• Contact a support line in your region for support services (see directory)

Safety when preparing to leave
• DO NOT try to negotiate leaving your partner-keep it a secret.
• Plan to leave when your abuser is away from home.
• Determine where you can stay-a safe place-including friends, family, or emergency shelter.
• Consider applying for a domestic violence restraining order.
• Keep some gas in your car at all times.

Safety at work
• You have employment rights as a victim of domestic violence. Inform your supervisor or human resources about your situation.
• Provide human resources with a copy of your restraining order and a description/picture of your abuser.
• Document/save emails and voicemail message from your abuser.

Safety and children
• Establish escape routes with your children and identify safe adults they can trust in emergencies.
• Teach your children to avoid dangerous rooms (i.e. the kitchen, bathroom) during abusive incidents.
• Teach them how to call 911 and ensure that they have your address and phone number memorized.
• Teach them not to interfere in the abuse.
• If safe/appropriate, create safety protocol with your children’s school or daycare.
• If you have a restraining order, provide a copy to your children’s school/daycare.

Safety after leaving
• If your home is unsafe, review other housing options such as a shelter or a family member’s home.
• Consider applying for a restraining order
• Report every violation of the restraining order to law enforcement.
• Keep a log or journal of any contacts or threats from the abuser. Teach children not to open any door without your permission.
• Consider changing existing locks, and adding additional locks to doors and windows.
• Consider an alarm system.
• Consider involving a 3rd party in custody exchanges or do them at a safe/public location.