

- If your abuser has lost control, you are the only one who can decide the best time to leave without getting into greater danger. Wait for an opportunity when you can leave with the least difficulty.
- You should know if there are weapons in the house and where they are located.
- If the situation becomes dangerous and you realize there's no way to get out immediately, do what the abuser wants, for that moment, until the abuser calms down. You must protect yourself until you are out of danger.
- If you have been injured, seek medical help and try to take pictures of your injuries.

### Who can you contact for more assistance?

NC Coalition Against Domestic Violence:

919-956-9124

National Domestic Violence Hotline:

1-800-799-SAFE

NC Victim Assistance Network

1-800-348-5068



North Carolina  
Governor's Crime Commission

1201 Front Street, Suite 200  
Raleigh, NC 27609  
Phone: 919-733-4564  
Fax: 919-733-4625  
Web-site: [www.ncgccd.org](http://www.ncgccd.org)

# Safety Plan for Abused Women



North Carolina  
Governor's Crime Commission

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## **Domestic violence is a social problem that has serious consequences.**

### **What is a safety plan?**

A safety plan can help prepare you and reduce the risk of physical harm if you plan to leave your relationship. It helps you to know what to do in case of an emergency. Having a plan can also help to avoid or reduce the impact of violence, even if you decide to remain in the home.

- Memorize or make a list of telephone numbers— friends, relatives, co-workers, or of a local program that can help.
- Prepare a suitcase with clothes, important documents and things you and your children may need. Leave it with someone you trust.
- Talk about a safety plan with your children. You should have a signal that only you and your children know. They must understand that once the signal is given, they have to leave the house quickly and that they must call the police or ask a neighbor to do so.
- Ask a trusted neighbor to call the police when they see or hear the signal.

- Keep copies of important documents that you may need in a safe place, not in your home.

### **Important documents and objects that you should keep for all family members.**

- Birth certificates .
- Social security cards.
- Immigration related documents.
- Your spouse's immigration documents.
- Passports.
- Driver's license.
- Marriage certificate and divorce papers.
- Bank account numbers, check book.
- Pay stubs, income tax returns.
- Copies of leases, rental agreements, mortgage, deeds, property titles.
- Any court orders—custody, protective, visitation, child support.
- School records.
- Immunization records/medical records for the children.
- Loose change to make phone calls, and money

to move about.

- Medicine and prescriptions.
- Car and house keys.
- A list of important phone numbers (family, friends, school, domestic violence hotline, doctors, etc.)
- Pictures or jewelry with sentimental value.

### **Where can you go?**

- To a friend or relative's home, preferably to a place where the abuser will not dare look for you, or to the home of someone the abuser does not know.
- If you don't know anyone you can trust, call the domestic violence program/hotline near you. They can provide services you need and assist you in locating a shelter.

### **What can you do when the violence escalates?**

- Do everything possible to move close to the door, or where you can leave without danger.
- Do not go the bedrooms, bathrooms, or kitchen (unless there are exits that you can use to escape).