

Beyond Power and Control:

A training resource for professionals working with victims and survivors of domestic violence.

Establish Physical Safety

I have not left the situation yet:

- Avoid places in the home without exits when you are with your partner
- Keep a phone on you at all times and have a hidden phone available in case your phone is taken or damaged
- Know if there are weapons in your home and where they are
- Avoid places where there are weapons in the home when with your partner
- Give a trusted neighbor important contact information to call if they suspect an emergency
- Create a code word for family, friends, and trusted neighbors to alert them of an emergency
- Know phone numbers for your local women's shelter
- Notify your work colleagues about the situation and the children's school
- Pack an emergency bag:
 - Extra cash, check book, credit/debit cards if your partner cannot access the account
 - Extra phone (you can get phones where you pay for a set number of minutes)
 - Extra set of car and house keys
 - Set of clothes for you and your children
 - Diapers, if needed
 - Important Documents:
 - Driver's licenses, ID cards, Passports, Immigration Paperwork
 - Birth Certificates for you and your children
 - Social Security Card
 - Copies of prescriptions and a small supply of any needed medications
 - Marriage Certificates/Divorce Papers/Divorce Decree/Parenting Plans
 - Restraining Orders/Other court documents

I have left the situation, but am still concerned about my safety:

(Many of the above-mentioned suggestions are still important for safety after you have left the relationship; however, below are several more that may be helpful)

- Change your door locks or passcodes to enter your residence
- Change your phone number and carrier
- Have your phone checked for any GPS that has been added
- Remove any profiles/accounts on social media platforms
- Drive home different ways from work or other places you attend consistently
- Obtain a restraining order if necessary (advocates at a women's crisis agency can help)
- Notify your work colleagues of any restraining orders, concerns for safety
- Notify your children's school/activities of any restraining orders, changes in parenting plan, concerns for safety
- Notify neighbors or landlords of any restraining orders and provide a picture of your partner