



Metropolitan Police Department Domestic Violence Unit Safety Plan



When Preparing To Leave a Relationship

- I can request police stand-by or escort while I leave. I can call my police district.
- I can create a false trail. I can make inquiries at motels, real estate agencies, or schools in a town at least six hours away from where I am actually located. I can ask them to call me back with answers in order to leave phone numbers on record, and make my abuser think I have gone off to a different place.
- If I leave my home, I can go to (list four places/homes of friends or family):

- I can rely on _____ and _____ to be my support people. I tell them about the violence and ask them to call the police if they hear suspicious noises coming from my house.
- I can leave extra money, car keys, clothes, and copies of documents with

If I leave, I will bring:

- | | |
|---|--|
| √ Identification | √ Welfare Identification |
| √ Birth Certificates | √ Passports, Green Cards, Work Permits |
| √ Social Security cards | √ Divorce papers |
| √ School and medical records | √ Lease/rental agreement |
| √ Money, bank books, credit cards | √ House deed, mortgage payment book |
| √ Keys: house/car/office | √ Current unpaid bills |
| √ Driver's license and registration | √ Insurance papers |
| √ Medications | √ Address book |
| √ Children's favorite toys, blankets | √ Change of clothes |
| √ Threatening letters from my abuser, or other evidence | |
- To ensure safety and independence, I can: keep coins for phone calls with me at all times; open my own savings account; practice my escape route with my children and support person; and review safety plan on _____ (date).
 - I will sit down and review my safety plan in order to plan the safest way to leave the residence. _____ (Domestic violence advocate or friend) has agreed to help me review this plan.
 - I will have a backup plan in case my first plan does not work.