

Domestic Violence Safety Plan

In case of an emergency, where will you go? What do you need? Your safety is the most important thing. The following is a checklist of things that will help you be better prepared:

Checklist:

- Have some money (even just a few dollars) hid and set aside.
- Have a plan to go to a family/friend's home that will allow you to stay with them.
- Make copies of important documents and keep in a safe, accessible place (ex. Titles, birth certificates, SS card, bank documents etc)
- If 50b (Protective Order) is in place, provide a copy to your employer, child's school, daycare, etc. *Keep a copy with you at all times.
- Give a photo and/or description of the offender and their vehicle to your neighbors, employer, daycare, school, etc.
- Make reports of all incidents to law enforcement.
- Vary your routes of travel and routine.
- Rent a Post Office Box for mail (so no one has access to it).
- Take photos of any evidence (injuries, property damage, etc)
- Keep a cell phone with you at all times (even one with no service can call 911)
- Have an emergency bag packed for you and your children.
- Create an "emergency word" with your friends/family/children so they know when it is time to leave, put a plan into action, call the police, etc.
- Make extra copies of house, car, storage unit keys.
- Make copies of all necessary prescriptions.
- Think of a place your pet can stay if you have to leave.
- Keep a calendar/journal of dates, times, details to incidents, arguments, assaults, etc.
- Print out copies of text messages and/or emails from offender. Keep in safe place.



Important phone numbers:

Family Services 336-249-0237

Lexington Police 336-243-3302

Lexington Medical Center 336-248-5161