

Safety Planning

Safety During an Abusive Incident

- Avoid rooms with items that can be used as weapons (i.e. the kitchen, 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 an Abusive Incident

- Call 911 if you are in danger.
- Request copies of police reports.
- Keep a list of dates/times of all police responses your home.
- Seek any necessary medical attention.
- Keep copies of any medical reports.*
- Photograph injuries or property damage.

Preparing to Leave

- DO NOT try to negotiate with your partner or tell them you are going to leave.
- Plan to leave when your abuser is away from home.
- Determine where you can stay—a safe place—including friends, family, or WEAVE's Safehouse.
- Consider applying for a Domestic Violence Restraining Order—WEAVE's Support Line can assist you with additional information including WEAVE Legal.
- Keep some gas in your car at all times.
- If you take your child(ren) with you, contact the District Attorney's Child Abduction Unit and/or a private attorney regarding custody rights and to alert law enforcement that your children in your custody and safe.
- Temporary custody of children may be granted through a Domestic Violence Restraining Order.

Technology/Social Media Safety

- Change passwords on e-mail, bank & social media accounts.
- Set up alerts to be notified of attempts to access your accounts.
- Avoid using photo apps which include geotagging of your location.
- Be aware of the location finder on your phone or GPS on cars as it may disclose your location.
- Know your social media privacy settings & use them to manage contact.
- Create a "safe" e-mail where you can send/store documents and communications.
- Document threats/harassment made through e-mail, text message, or social media—take a screenshot.

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Safety After Leaving

- If your home is unsafe, review other housing options such as the WEAVE Safehouse or a family member's home.
- Consider applying for a Domestic Violence 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 or adding additional locks to doors and windows. Keep doors and windows locked at all times in your car and at home.*
- You may wish to install an alarm system.*
- Consider involving a 3rd party in custody exchanges or do them at a safe/public location.
- *Staying safe may include unplanned costs. You may qualify for Victim Witness Assistance to pay for these expenses.

Safety When There are 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 to not 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 at Work

- You have employment rights as a victim of domestic violence. Inform your supervisor or Human Resources about the situation.
- Provide Human Resources with a copy of your restraining order and a description or picture of your abuser.
- Document/save e-mails and voicemail messages from your abuser.