

## SAFETY PLANNING CHECKLIST:

*As you consider or plan to leave where you are living, be as prepared as possible. Below are items that others have found helpful to take. Try to put items in one safe location, so that if you have to leave you can grab them quickly; or, if possible, store with a trusted person outside of your home.*

- Identification and/or driver's license, social security cards, birth certificates
- Passports, immigration papers, green cards for self and children
- Documents such as: life, health, home insurance policies; lease or home deed; school and medical records; marriage certificate; divorce papers; custody orders; wills; tax information; car title and registration
- Financial documents: Cash, credit/ATM cards, checkbooks, bank books (note: card use could potentially be traced by an abuser)
- Cell phone (note: cell phone use could potentially be traced by an abuser)
- Keys for the home and car
- Restraining/Harassment Prevention Order, (if you have one)
- Pictures and personal items which cannot be replaced
- Change of clothes, toiletries, and medications for self and children
- Pets (if you can), pet vaccination and medical records, pet medications, ID tags
- Abuser's personal information: social security numbers, date of birth, and pay stubs

**Help is available.** Contact an advocate from your local domestic violence program who can inform you of your rights and options.

## SAFEPLAN Host Agencies:

<b>Elizabeth Freeman Center</b> 866-401-2425, Pittsfield
<b>Greater Boston Legal Services</b> 617-371-1234, Cambridge
<b>Healing Abuse Working for Change</b> 800-547-1649, Salem
<b>Health Imperatives</b> 508-588-8255, Brockton
<b>Independence House</b> 508-771-6507, Cape Cod
<b>NELCWT</b> 413-772-0806, Greenfield
<b>New Hope, Inc.</b> 800-323-4673, Attleboro
<b>Stanley Street Treatment And Resource Center</b> 508-679-5222, Fall River
<b>Southeast Family Services/ South Shore Women's Resource Center</b> 888-746-2664, Plymouth
<b>Womanshelter/Companeras</b> 877-536-1628, Holyoke
<b>YWCA of Central Massachusetts</b> 508-755-9030, Worcester
<b>YWCA of Greater Lawrence</b> 978-687-0331, Lawrence
<b>YWCA of Western Massachusetts</b> 413-733-7100, Springfield

**SAFEPLAN:** (statewide hotline for victims of domestic violence) 877-785-2020

**Victim Compensation:** 617-727-2200

Cell Phones are accessible through HOPE Line (Verizon)

## Massachusetts Office for Victim Assistance

Tel: 617-586-1340 Fax: 617-586-1341

E-mail: [mova@state.ma.us](mailto:mova@state.ma.us)

Websites: [www.state.ma.us/mova](http://www.state.ma.us/mova)

[www.askmova.org](http://www.askmova.org)



# safety

# plan

The mission of the Massachusetts Office for Victim Assistance (MOVA) is to empower all crime victims and witnesses in the Commonwealth of Massachusetts. MOVA strives to ensure access to equitable services, across the Commonwealth, which meet the unique needs of those impacted by crime through survivor-informed policy development, fund administration, training, and individual assistance.

MASSACHUSETTS  
OFFICE FOR VICTIM  
ASSISTANCE  
**MOVA**  
VICTIM & WITNESS  
ASSISTANCE BOARD

## WARNING SIGNS

*Am I safe?*

*Have your family or friends told you they are worried for your safety?*

*A relationship may be abusive if your partner:*

- ◆ Is jealous and possessive towards you
- ◆ Tries to control where you go and who you see
- ◆ Keeps you from seeing friends and family
- ◆ Puts you down or makes you feel bad
- ◆ Is so scary that you worry about how they will react to things you say or do
- ◆ Makes you feel scared/threatens you
- ◆ Uses or owns weapons or firearms
- ◆ Pressures or forces you to have sex
- ◆ Has hit, pushed, choked, restrained, kicked, or put their hands on you
- ◆ If you are gay, lesbian, bisexual, transgender, has threatened to out you if you do not do what they say
- ◆ Controls all of the money, including your paychecks
- ◆ Uses your immigration status against you
- ◆ Has hit, kicked, or threatened to hurt your pets

## USING THE LAW TO HELP YOU

*Restraining Orders and Harassment Prevention*

*Orders are available through:*

- ◆ District Court or Probate and Family Court in your area
- ◆ Your local domestic violence program can help you obtain an order or put you in touch with a SAFEPLAN Advocate

## HOW TO PROTECT YOURSELF AT HOME

- ◆ Keep a phone in a room you can lock from the inside; keep a cell phone with you at all times
- ◆ Plan an escape route out of your home; teach it to your children
- ◆ Ask your neighbors to call the police if they see the abuser at your home; make a signal for them to call the police. For example, if the phone rings twice, a shade is pulled down or a light is turned on
- ◆ Pack a bag with important things you would need if you had to leave quickly. Put it in a safe place, or give it to a friend/relative you trust
- ◆ Get an unlisted phone number and screen your calls
- ◆ If your abuser has moved out, change the locks on your doors and get locks on your windows
  - Restraining orders may help with this, or talk to your landlord
  - If you have a restraining order, you may be able to get financial assistance through victim compensation. An advocate can help you apply

## HOW TO PROTECT YOURSELF OUTSIDE THE HOME

- ◆ Try to get rides with different people — change your routes frequently
- ◆ Shop and bank in different places
- ◆ Keep your court order (if applicable) and emergency numbers with you at all times and make sure work/school has a copy of any order in place
- ◆ Have a plan for what you would do if something happened in public — always be aware of your surroundings

## HOW TO MAKE YOUR CHILDREN SAFER

- ◆ Teach them not to get in the middle of a fight, even if they want to help
- ◆ Teach them how to get to safety, and how to call 911 and give your address and phone number to the police
- ◆ Give the school or daycare a copy of order (if applicable), and tell them not to release your children to anyone without talking to you first
- ◆ Make sure the children know who to tell at school if they see the abuser
- ◆ Make sure that the school knows not to give your address or phone number to anyone

## SAFETY AND TECHNOLOGY

- ◆ Remember: any information on the internet becomes public and your abuser has access to it
- ◆ Log out of accounts and applications; uncheck the “keep me logged in” feature and don’t allow the web browser to remember your passwords
- ◆ Use strong passwords (upper case and lower case letters, numbers, and symbols)
- ◆ Review privacy settings on social media accounts
- ◆ Staying off social media sites (Facebook, Twitter, and Instagram) is the best way to keep your information private
- ◆ Turn off your smart phone GPS location sharing

*In case of an emergency, call 911. Safety plans are valuable tools if you are in, or are planning to leave, an abusive relationship. Please be aware that some of these options may not be the best for you.*