



# SAFETY PLANNING CHECKLIST

If you are currently in an abusive relationship, or are planning to leave one, create a safety plan now so you can be ready in the event of an emergency.

*Note: These are recommendations; some of the options may not be the best for you.*

## STATEWIDE

**SAFELINK, 24/7 hotline for victims of domestic violence:**  
877-785-2020

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







**Massachusetts Office for Victim Assistance**  
**Tel:** 617-586-1340  
**E-mail:** mova@mass.gov  
**www.mass.gov/askmova**

This publication was in part supported through a VOCA grant from OVC, OJP, U.S. DOJ. The opinions, findings, and conclusions or recommendations expressed in this publication are those of the Massachusetts Office for Victim Assistance and do not necessarily reflect the views of the DOJ or the OJP, OVC.

## ITEMS AND PAPERWORK TO KEEP ON HAND

Below are items that you should keep in a safe, secure location that you can get to quickly. Or, store the items with a trusted person outside your home.

- Identification and/or driver's license, social security cards, birth certificates 
- Passports, immigration papers, green cards for yourself and children
- Documents: 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: credit/ATM cards, cash, checkbooks, bank books, etc. (Note: when you use an electronic card, an abuser could potentially trace your activity and location.)
- Cell Phone (Note: your cell phone use could potentially be traced by an abuser.) 
- Replace store membership cards
- Keys to your home and car
- Restraining/Harassment Prevention Order (if available)
- Pictures and personal items which cannot be replaced
- Change of clothes, toiletries, and medications for yourself and children 
- Pets, pet vaccination and medical records, pet medications, ID tags
- Abuser's personal information: social security number, date of birth, and pay stubs



## WHERE TO GET HELP

If you need help or advice, contact an advocate from your local domestic violence program:

### SAFEPLAN Host Agencies

<b>Behavioral Health Network</b>	<b>413-283-1058</b>
<b>Elizabeth Freeman Center</b>	<b>866-401-2425</b>
<b>Greater Boston Legal Services</b>	<b>617-371-1234</b>
<b>Healing Abuse Working for Change (HAWC)</b>	<b>800-547-1649</b>
<b>Health Imperatives</b>	<b>508-588-8255</b>
<b>High Point Treatment Center/ South Shore Women's Resource Center</b>	<b>508-746-2664</b>
<b>Independence House</b>	<b>508-771-6507</b>
<b>NELCWIT</b>	<b>413-772-0806</b>
<b>New Bedford Women's Center</b>	<b>508-996-3343</b>
<b>New Hope, Inc.</b>	<b>800-323-4673</b>
<b>Stanley Street Treatment and Resource Center</b>	<b>508-675-0087</b>
<b>Womanshelter/Compañeras</b>	<b>877-536-1628</b>
<b>YWCA of Central MA</b>	<b>508-755-9030</b>
<b>YWCA of Northeastern MA</b>	<b>978-687-0331</b>
<b>YWCA of Western MA</b>	<b>413-733-7100</b>



**Are you safe?**

# STAYING SAFE

SAFEPLAN is a court-based civil advocacy program for victims of domestic violence, sexual assault, and stalking seeking protection from abuse through the **209A Restraining Order and 258E Harassment Prevention Order processes.**

## Are you safe?

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



### WARNING SIGNS OF ABUSE

A relationship may be abusive if your partner does any of the following:

- » Is jealous and possessive towards you
- » Controls 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 the partner will react to things you say or do
- » Makes you feel scared or threatens you
- » Uses or owns weapons or firearms
- » Pressures or forces you to have sex
- » Hits, pushes, strangles, restrains, kicks, or puts their hands on you *(or your children or pets)*
- » Threatens to out you as gay, lesbian, bisexual, or transgender if you don't follow their commands
- » Controls all of the money, including your paychecks
- » Threatens to use your immigration status against you

## REMEMBER, YOU CAN ALWAYS CALL 911 IN AN EMERGENCY



### HOW TO GET A RESTRAINING ORDER

**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 get an order or put you in touch with a SAFEPLAN Advocate



### 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 from your home; teach it to your children.
- » Ask your neighbors to call the police if they see the abuser at your home. Create 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 or 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.



### PROTECT YOURSELF OUTSIDE OF THE HOME

- » Arrange rides with different people; change your routes often.
- » Shop and bank at different places.
- » Keep your court order (if you have one) and emergency numbers with you at all times.
- » Make sure your work and/or school has a copy of court orders.
- » Have a plan for what you would do if something bad happened in public; always be aware of your surroundings.



### MAKE YOUR CHILDREN SAFER

- » Teach them to stay out of fights between you and your partner, even if they want to help.
- » Teach children 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 any court order 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 the school knows not to give your address or phone number to anyone.



### INTERNET AND SMART PHONE SAFETY

- » Remember: Any information you post on the internet is public and your abuser can see it.
- » Log out of any online accounts and applications; uncheck the "keep me logged in" feature and don't let the web browser remember your passwords.
- » Use strong passwords (upper case and lower case letters, numbers, and symbols).
- » Review privacy settings on social media accounts regularly.
- » Try to avoid posting private information on social media sites (Facebook, Twitter, Instagram, etc.).
- » Turn off the GPS location sharing feature of smart phone.

Are you safe?

[www.mass.gov/askmova](http://www.mass.gov/askmova)