

## Safety Planning: During and After Leaving

Leaving a home or relationship can bring up strong emotions so carefully planning an exit is an important part of staying safe. Here are a few things to consider about the details of leaving and keeping a safe distance:

1. When are there windows of time during which your partner is not home or you could exit the home without arousing suspicion (e.g. running errands)?

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2. Will your children be home when you decide to leave? If not, what is the plan for picking them up from school, daycare, or another location?

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3. Do you need to inform anyone at your intended destination that you are leaving?

If yes, list the name and number: \_\_\_\_\_

4. Who else do you need to inform that you are leaving? List their names and numbers:

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5. Do you have access to the following documents?

- Birth certificate, self and children
- Social Security card
- Documentation of abuse
- Checkbook/debit and credit cards
- Marriage license
- Driver's license and registration
- Keys to home and car
- Lease/rental agreements
- Copy of Protective Order
- Passport
- Prescription medications
- Cash, if restricted by joint account
- Divorce and other legal papers
- Car title
- 1-94, work permits, and/or Green Cards
- Bills/mortgage statements

- Health, home, and car insurance cards

5. Once you leave, consider taking the following actions, if possible and applicable:

- Get a protective order (Note: Consider prohibiting contact or restricting it to one method (e.g. only by email).
- Change your phone number or purchase a disposable cell phone.
- Open a personal bank account.
- Obtain a post office box.
- Develop a check-in plan with a trusted person and detail when and how often you will call.
- Leave your workplace and walk to your car or bus/metro station with a “buddy.”
- Change your route to work.
- Change your work schedule.
- Shop at different stores or at different times than you typically would.
- Inform your work supervisor and work/home security personnel of the situation, especially if you have received a protective order.
- If you need to contact your partner, make sure that others are present to overhear the call.
- If you have children, inform all schools and daycare programs in which they are enrolled about the situation.

\* Inform administrators, teachers, coaches, religious leaders, babysitters, scout leaders, and any other relevant people of APPROVED individuals with whom your children may leave. List approved names and numbers below:

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- Explain to your children the importance of following the plan/protective order and leaving with only approved adults.

7. In the event that you partner leaves the home, remember that their absence does not mean that they will not return. In their absence, arrange to do the following:

- Keep doors and windows locked at all times.
- Remove any spare keys or garage openers from hidden locations.
- Change the locks on all doors leading outside including garage locks and/or entry codes.
- Install a security system and motion sensor outdoor lights.
- Remove or secure all weapons.
- Obtain a protective order that temporarily prevents your partner’s return.
- Contact police to arrange for drive-by check-ins.
- If your partner is away from the home due to incarceration, register for Maryland’s Victim Information and Notification Everyday (VINE) Program