Every domestic violence survivor needs to have a safety plan, especially when every second counts!

HOW TO CREATE A SAFETY PLAN

- Victims need a friend or family member they can trust
- If a victim doesn't have a car, think of a safe place close to their home where they could be picked up
  - Also, know the routes to the subway, bus stop, and train station nearest to the victim's home
  - Also make arrangements for the victim’s pets; batterers often injure or kill pets to punish their partners for leaving or as a coercive tactic
- Victims should have a code word or phrase to use on the telephone with a friend when the abuser is present
  - When the code word is used, it means the victim is in trouble and you need to call 911 for them
- If the victim feels comfortable, she should tell her neighbors about the violence
  - Ask the neighbors to call the police if they hear any suspicious noises or yelling coming from the home
- If there is an order of protection in place...
  - The victim should keep it on her person at all times
  - A copy of the order should be kept somewhere safe with a trusted friend or family member
- If you feel that you or the victim are in immediate danger, dial 911

HOW WILL THE VICTIM AND HER CHILDREN GET OUT OF THE HOME?

- Decide on a pathway if you have to leave at night
  - Think of public places you can access 24 hours a day
  - Know the route to police stations, hospitals, fire stations, and 24 hour convenience stores in your area
- If you leave by car, lock the car doors immediately
- Consider making a plan for each room in your home
  - What can you do to get out of the basement or upper floors?
- Know which doors in your home have locks that work
- If you live in an apartment building, think of all the ways to get out safely
  - Is there a fire escape that could get you safely to the ground?
  - Is there a stairwell you could use?
- Keep your essential belongings and keys in a safe place, in case you have to leave quickly (prepare a “go” bag; hide it in a safe place)
- If you are afraid that your partner will harass you at work, make an escape route at work.
  - Also, give a photo of the abuser to a supervisor you trust and ask that this person not be allowed inside
  - If you have an order of protection, give the security guard or receptionist a copy
- Make sure your children know how to dial 911 in an emergency
- Instruct your children on where to go in an emergency
IMPORTANT DOCUMENTS TO BRING WITH YOU

- Order Of Protection
- ATM Card
- Money/Cab Fare
- Check Book, Credit Card
- Passport
- Green Card
- Work Permit
- Public Assistance Id
- Mobile Phone/Coins
- Driver's License & Registration
- Social Security Card
- Your Partner’s Social Security Number
- Medical Records
- Address Book
- Insurance Policies
- Important Legal Documents
- Police Records, Record Of Violence
- Baby’s Needs
- Children’s School And Immunization Records
- Birth Certificates
- Medications
- Clothing
- Eye Glasses
- Lease
- Non-Perishable Snacks For Children
- Important Phone Numbers

BE A SURVIVOR – PREPARE FOR THE FUTURE

- Victims need to keep a journal of all violent incidents
  - The journal should be left with a trusted friend or family member
  - Note the dates, events and threats made
- Advance your career and ability to work
  - Complete school, take courses, or learn a new skill
- Try to set money aside
- Leave the money with friends or family members

EMERGENCY NUMBERS

- In case of an emergency ALWAYS DIAL 911
- The 24-hour Domestic Violence Hotline number is 212.621.HOPE
- The TTY number is 1.866.604.5350

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