

Checklist - Important Things To Take When You Leave

Identification

- Driver's License
- Children's Birth Certificates
- Your Birth Certificate
- Social Security Cards
- Work permits/VISA
- Passport

Financial

- Money and/or credit cards
- Bank books
- Checkbooks
- Public Assistance documentation
- Tax return from previous year
- Pay stubs for you
- Loan information

Other Important Papers

- Your Protection Order
- Lease, rental agreement, or house deed
- Car registration and insurance papers
- Health and life insurance papers
- Medical records for you and children
- Vaccination records
- Divorce papers
- Custody papers

Other

- House and car keys
- Medications
- Address Book
- Phone cards
- Pictures of you, your children and your abuser
- Children's toys
- Change of clothes for you and your kids
- Jewelry

Important Numbers

The number for the closest domestic violence/sexual assault program is:

_____ or I can call the statewide 1-800 number.

Nebraska's Hotline 1-800-876-6238

Iowa's Hotline 1-800-942-0333

National DV Hotline 1-800-799-7233

Police: 911 or _____

Sheriff: _____

Victim-Witness Unit: _____

County Attorney: _____

Clerk of District Court: _____

Probation Department: _____

Private Attorney: _____

Other: _____

Other: _____

Provided by:

The Domestic Violence Coordinating Council
of Greater Omaha
&
Nebraska Domestic Violence Sexual Assault Coalition
825 M Street, #404
Lincoln, NE 68508
402-476-6256 (phone) • 402-476-6806 (fax)

A Safety Plan

**for living free from
domestic violence**

Nebraska's Statewide
Domestic Violence/Sexual
Assault Crisis Line

1-800-876-6238

for 24 hour confidential
information, support, and
assistance.

Safety During An Explosive Incident

- Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.
- Have a packed bag ready and keep it at a relative's or friend's home in order to leave quickly. Use the checklist on this brochure to decide what is important for you to take with you.
- Identify one or more neighbors you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- If you believe an argument/incident is going to occur, try to move to a room or area where you have access to an exit. Stay away from any weapons, the bathroom, kitchen, bedroom or other rooms without an outside door or window.
- Use your own instincts and judgement. If the situation is very dangerous, do whatever is necessary to be safe. This may mean giving the abuser what he wants to calm him down.
- If necessary, call for help. Dial "0" or "911."
- Always remember - *You Do Not Deserve To Be Hit, Threatened, or Live In Fear!*

Safety When Preparing to Leave

- Open a saving account and/or credit card in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.
- Leave money, an extra set of keys, copies of important documents, extra medicines and clothes with someone you trust so you can leave quickly.
- Determine who would be able to let you stay with them or lend you some money.
- Keep the shelter or hotline number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- Review your safety plan as often as possible in order to plan the safest way to leave your batterer. *Remember - Leaving Your Batterer Is A Very Dangerous Time!*

Safety At Home

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- Discuss a safety plan with your children for when you are not with them.
- Tell your children's school, day care, etc., who has your permission to pick up the children.
- Notify your neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him near your residence.

Safety with a Protection Order

- Keep your protection order on you at all times. Give a copy to a trusted neighbor, family member, or clergy person. Keep a copy in the glove compartment of your car.
- Call the police if your batterer violates the protection order.
- Think of other ways to keep safe until law enforcement arrives.
- Inform family, friends, neighbors, or your physician that you have a protection order.
- Remember, if think you no longer need the protection order, ask the court to remove it.

Safety in Public or at Work

- Tell your co-worker(s), boss, and/or office or building security about your situation. Provide a picture of your batterer if possible.
- Arrange to have an answering machine, caller ID, or co-worker screen your telephone calls if possible.
- Devise a safety plan for when you leave work. Have someone escort you to your car or bus, and wait with you until you are safely on your way. Use a variety of routes to go home by if possible. Think about what you would do if something happened while going home.
- Go to different grocery stores, businesses, and banks if possible. If this is not possible, change the time and day in which you go shopping.