

SAFETY WHEN PREPARING TO LEAVE

- Identify a safe address to send and receive mail or electronic communications.
- Ensure all financial, medical, and personal accounts are private and in your name.
- Have a packed bag with personal belongings, medications, valuable/sentimental items, cell phone charger, and important documents.
- Have a safe mode of transportation prepared.
- Keep gas, a flashlight, food, and other necessities in your car.
- Leave money, extra keys, copies of important papers, and clothes with someone you trust.
- Consider including a trusted person in your preparation.

IDENTITY DOCUMENTATION CHECKLIST FOR YOU AND YOUR CHILDREN

- Birth certificates and social security cards
- Medical cards and health information, such as medication, prescriptions, and immunization records
- Driver's License/State ID
- Cash, debit, credit cards, and bank account information
- Car registration and insurance information
- School records
- Legal documents, including PPO, divorce, and custody documents
- Rental agreement or mortgage documents

SAFETY WITH A PERSONAL PROTECTION ORDER (PPO)

- Avoid initiating contact with your abuser.
- Log all violations of the PPO. Keep track of time, dates, what happened, whether police were called, and witnesses.
- Learn the process of reporting PPO violations in your county. Follow up with an advocate if you need assistance.
- Always keep a copy of your PPO with you.
- If safe, inform friends, co-workers, neighbors, employer, landlord, and school/daycare staff that you have a PPO and to call 911 if they see your abuser violating your PPO. Consider providing a copy of your PPO to any of the above if desired.
- If you need to extend your PPO, begin the process at least 6 weeks before it expires.
- Contact 911 if you are in immediate danger.

Find more information about safety strategies options on our website at safeplaceshelter.org/safety-strategies/ or by scanning below:



24 HOUR HOTLINE
269.965.SAFE (7233)

 @safeplacemi

 @safeplacemi

All services are free and confidential.

safeplaceshelter.org

*Email and social media accounts are not monitored 24/7. If you need immediate assistance, contact the 24/7 Hotline at 269.965.7233 or 888.664.9832.



STRATEGIES TO STAY SAFE

For Victims of Intimate Partner Violence

You are the expert of your situation and are already implementing strategies to protect yourself. The options listed throughout this brochure are strategies to consider as you determine what works best for your unique situation. S.A.F.E. Place advocates are available 24/7 to provide support with identifying options that may be helpful.



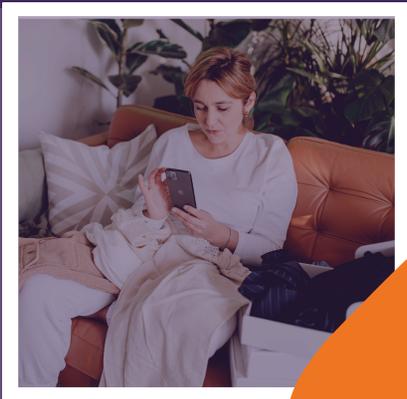
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GENERAL

- You are the most knowledgeable of your situation and what is safest for you.
- Document interactions, including conversations, text messages, and emails, and store in a safe place. When relevant and safe, take pictures and videos.
- Always keep your cell phone charged and on you to contact help.
- Consider exploring safety strategies options with an advocate.

SAFETY WITH CHILDREN

- Explain how and when to contact 911.
- Choose a family code word to alert your children or for your children to alert each other of potential danger.
- Talk to your children about keeping themselves safe first.
- Identify safe places for your children to go or safe people to talk to.
- Consider alerting the school and/or daycare of potential danger.
- Abuse often increases during and after pregnancy. Consider working with an Advocate to explore additional options.



SAFETY IN THE MOMENT

- Be aware of accessible exits wherever you are.
- Try to find an exit before choosing a place to hide as you may become trapped.
- Always keep your cell phone charged and on you to contact 911.
- Be cautious that any item can be used as a weapon, including sharp or heavy items.
- Brainstorm reasons that you need to leave ahead of time to use as an excuse to leave.
- Trust your gut.

SAFETY WITH TECHNOLOGY AND SOCIAL MEDIA

- Review accounts' privacy settings regularly.
- Establish your own phone plan and email.
- Eliminate tracking apps and turn off location.
- Consider having a professional review technology or other personal items for tracking devices and/or software.
- Change passwords and usernames often.
- Research safety apps that might be helpful.
- Be mindful when interacting with accounts of people you do not know and trust.
- Discuss privacy and social media posting with friends, family, schools, and employer. Consider whether to sign media releases to protect your privacy.
- Be aware that your abuser can monitor your social media handles without you knowing it.

SAFETY WITH PETS

- Prepare an emergency pet supply bag with food, medication, and a leash.
- Explore temporary options for pet fostering by a trusted person or vet.
- Establish ownership of your pet by creating a paper trail, including obtaining a pet license and vet records in your name.
- Limit the amount of time your pet is unsupervised outside.
- Personal Protection Orders (PPOs) can include protections to keep pets safe.

SAFETY IN THE HOME

- Alert a neighbor or your landlord about your situation and potential danger.
- Tell a trusted neighbor to contact 911 if they hear violent or angry noises coming from your home.
- Secure all entrances to your home, including doors and windows.
- Be mindful of any unexplained damages or misplaced objects.
- Install cameras and motion lights.

SAFETY AT WORK AND IN PUBLIC

- Know your location in case you need to contact 911.
- Park in well-lit or secure areas near cameras.
- Consider disclosing possible harassment or danger with your employer.
- Ask a trusted coworker or security to escort you to your vehicle or bus stop, or on your walk after leaving work.
- If possible, change your routine, route, or frequent locations you visit.