



## INDEPENDENCE HOUSE, INC.

Cape Cod's leading resource, counseling, and advocacy center to address and prevent domestic and sexual violence.

*Promoting safe and healthy relationships.*

160 Bassett Lane | Hyannis, MA 02601 | 508.771.6507

FAX 508.778.0143 | TTY 508.771.6782 | 24-Hr. Hotline 800.439.6507

independencehouse.org | IHTeens.org

### Safety Plan

**If you are in danger, call 9-1-1**

#### **Before you leave – things to consider:**

- Take evidence of the abuse – pictures, texts, and emails.
- Journal any incidents of abuse – dates, what happened, threats, etc., and be sure to keep the journal in a private and safe location.
- Tell those close to you about what is going on.
- If you face a violent incident, go to the doctor so that there is documentation of the event.
- Contact a local organization to find resources. (Independence House 508.771.6507).
- Save money and put in multiple safe hiding locations.
- If you have children – create a safe word and find a safe location for them to go if there is a violent event. Teach the child to dial 9-1-1.
- Create an escape plan, a safe place for you and your children to go.
- If there is a violent event, avoid areas in the home that have limited access to escape, such as the bathroom. Avoid areas with easy access to weapons, such as the kitchen.
- Change privacy settings on social media accounts (see below **Social Network Safety**).
- Make a list of emergency contact numbers.

#### **Important items to have ready:**

- License or form of ID/social security cards
- Birth certificates
- Passports
- Spare car or house keys
- Medications
- School records
- Medical records
- Cell phone
- Cell phone chargers



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- Bank account information
- Copy of legal papers (restraining order, divorce documents, custody papers, marriage license, etc.)
- Cash
- Clothes
- Important sentimental items for you or your children (such as a teddy bear or blanket)
- Emergency phone numbers

### **After you leave – things to consider:**

- Change your locks
- Change your phone number
- Block any phone numbers that your abuser has access to
- Notify your employer
- Avoid your normal areas/frequent spots
- Alert your children's school
- Keep a copy of your restraining order on you always
- Reschedule appointments that your abuser is aware of.
- Alert your neighbors and those close to you so that they can call the police if they feel you may be in danger.

### **Social Network Safety**

- Only post what you want the public to see. Once something is posted, it stays on the internet forever.
- Protect your personal information including your cell phone number, address, birthday, school, check-in, etc.
- Be aware of your location settings and check-in locations, they are easy to find and track.
- Avoid posting private details.
- Utilize the block setting – adjust your privacy settings.

\*some information sourced from [LovelsRespect.org](http://LovelsRespect.org)

Looking for more information regarding safety planning? Take a look at the [Teen Safety Planning Guide](#) created by Love Is Respect or the [Teen Safety Planning Tips](#) created by Futures Without Violence.