



Voices  
Against  
Violence

# SAFETY PLANNING

Gather up important documents, Social Security Card, Birth Certificates, Drivers License, important contacts, keep money stashed away, or open a new account for yourself. Keep them in a safe place, at work, in your car, or with a friend.

Identify your partner's use and level of force so that you can assess the risk of physical danger before it occurs.

What are the safe areas of the house where there are no weapons and there are ways to escape. If arguments occur, try to move to those areas.

If violence is unavoidable, make yourself a small target. Dive into a corner and curl up into a ball with your face protected and arms around each side of your head, fingers entwined.

If possible, have a phone accessible at all times and know what numbers to call for help. Know where the nearest public phone is located. Know the phone number for your local shelter 208-733-0100. If your life is in danger, call the police.

Let trusted friends and neighbors know of your situation and develop a plan and visual signal for when you need help.

Practice how to get out safely.

Make a habit of backing the car into the driveway and keeping it fueled. Keep the driver's door unlocked and others locked — for a quick escape.

Try not to wear scarves or long jewelry that could be used as a weapon against you.

Create several plausible reasons for leaving the house at different times of the day or night.

Keeping documentation of abuse, such as journal entries, pictures, videos, and medical reports in a SAFE PLACE (ex. a trusted friends house, police/ hospital, Domestic Violence Programs.)