

Safety Planning

Safety plans are responses that address the risks that you have personally identified and prioritized. These may include strategies for staying and strategies for leaving, with personal protection as an aspect of each. The following is information aimed at increasing safety and preparing, in advance, for the possibility of further violence. Although a victim of domestic violence does not have control over her partner's violence, you do have a choice about how to respond.

Some of the suggestions below may be appropriate for you and others may not at this time. If needed, a trained advocate can assist you in assessing your options. **Call our 24-Hour Crisis Line at 303-444-2424 for assistance.**

1. Above all, don't hesitate to call the Police: 911.
2. Notify a neighbor to be alert to strange noises.
3. Get rid of weapons in the house, especially if he becomes violent.
4. Keep a bag handy in a central area, hidden in one central location (garage, under the bed) with the following items included:
 - MONEY (for food, diapers, gas, cigarettes, bus tickets, etc.); take all bank books and check books
 - Extra keys for the car, house, post office box, safety deposit box
 - A change of clothes for yourself and your children
 - Mass transit transportation schedules in the event that a car is not available; motel numbers and locations at the end of a bus or train ride
 - Driver's license, car registration, proof of insurance
 - Your and your children's birth certificate, insurance policies
 - Pictures and jewelry or anything sentimental
 - Address book: phone numbers and addresses of friends and relatives
 - Appointment book
 - Marriage license, medical records and cards, school records
 - Social security cards (yours and your partners), work permits, green card, passport (for non-US citizens), divorce papers, welfare identification
 - Medication, baby items (diapers, formula), some extra clothing
 - Medication for pets, pet food, veterinarian contact information
5. Talk to a lawyer ahead of time, if possible, and find out if you may take your child/children out of state.
6. Have a Plan of Escape:
 - Where will you go that is SAFE?
 - How much will it cost, if anything, and do you have the funds?

- Can you get the children out of the house safely or do you need help?
 - Can you get your pets out safely and do they have a place to stay? SPAN works with the Humane Society of Boulder Valley to safely foster most pets for our current shelter residents.
 - Remember to take your bag with all the items you need!
 - If you have a car, drive it to a friend's house; park away from the actual location, and make a call to SPAN: 303-444-2424. You could also call the POLICE: 911. (Be sure you have your car registration and proof of insurance.)
 - Remember to park away from your place of destination and to have someone walk with you to your vehicle until you are safely away.
7. If you have a job, talk to your boss about the problems you are having, and make arrangements to divert phone calls from the person abusing you.
 8. If you do not have a job and want one, talk to the Boulder County Employment and Training Center at the unemployment office.
 9. Get a Protection Order if you are afraid your partner will harass you. Go to our Protection Order Clinic located at the Boulder County Justice Center on 6th and Canyon in Boulder or the Broomfield Civic Protection Order Clinic. Call our crisis line at 303-444-2424 and ask for a schedule for the court advocates and times someone will be available to assist you Monday through Friday.
 10. Contact your day care provider and make arrangements so your abuser will not be allowed to pick up the children there or talk to them on the phone.
 11. If you would like further education/information, talk to a SPAN Advocate at 303-444-2424.
 12. If you are unable to afford a place to live, call the City Housing Authority to get on a waiting list for subsidized housing.
 13. If you are worried about identity theft, you can put an "ALERT" on your information through the Department of Motor Vehicles.