

WHAT YOU NEED TO TAKE:

Identification

- Drivers License
- Birth Certificate
- Children's Birth Certificate
- Social Security Card

Financial

- Money and/or credit cards that are in your name
- Checking/Savings account records

Legal Papers

- Protection From Abuse Order
- Lease Agreement or House Deed
- Car registration and insurance papers
- Health and life insurance papers
- Medical records for you and your children
- School records
- Work permits/Green Card/Visa
- Passport
- Divorce and custody Papers
- Marriage License

Other

- Medication
- House/Car/Work keys
- Valuables
- Pictures/Sentimental Items
- Clothing
- Toiletries

IF YOU NEED IMMEDIATE HELP

OR ASSISTANCE:

- Email is not a safe or confidential way to talk to someone about the danger or abuse in your life, please call us instead.
- Traditional corded phones are more private than cell phones or cordless phones. Phone records are traceable.
- Internet use can be tracked and monitored. If you suspect that you are being tracked, you probably are. Use a public computer outside your home if possible.
- Call Wise Options to prepare a safe exit strategy. Our YWCA staff are available 24/7 and will answer the phone discretely.

**24/7 Crisis Hotline
1-800-326-8483**

The YWCA Northcentral PA offers free and confidential services 24 hours a day, 7 days a week. Trained staff and volunteers provide immediate support and information to individuals fleeing violence or experiencing homelessness.

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SAFETY PLANNING BASICS

KEEPING SAFE IN AN ABUSIVE RELATIONSHIP

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**YWCA Northcentral PA
815 W. Fourth St.
Williamsport, PA 17701**

**EMERGENCY HOTLINE
1-800-326-8483**

**STOP THE
VIOLENCE**

Safety During a Fight

- Try to be in a room that has a safe exit, and not in a bathroom, kitchen, or room that may have a weapon
- Practice getting out of the building safely and quickly. Identify which doors, windows, elevator, or stairwells to use
- Pack a bag, and have it ready at a friend's or relative's house
- Make and use a code word with your children, family, friends, and neighbors when you need the police
- Decide and plan where you will go if you need to leave

Safety When Preparing to Leave

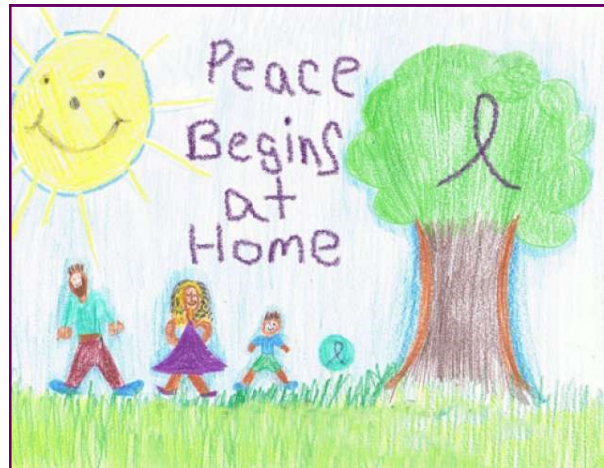
- Open a banking account in your name
- Leave money, and extra set of keys, copies of important documents and extra clothes and medications in a safe place, or with someone you trust
- Get your own PO Box

Safety with a PFA

- Always keep your PFA with you
- Call the police if your abuser violates the PFA
- Inform family members, friends and trusted neighbors that you have a PFA in effect
- Plan alternate ways to stay safe if the police do not respond immediately

Safety In Your Own Residence

- If you stay in your own home, lock your windows and change the locks on the doors as soon as possible
- Develop and practice a safety plan with your children
- Inform your child's school, daycare, babysitter, etc about who can pick up your child
- Inform neighbors and your landlord that your abuser no longer lives with you, and they should call the police if they see him/her near the home
- Never call the abuser from your home, as he/she can use that number to find out where you are living
- Request an unlisted number from the telephone company
- Have your legal address changed to a PO box



Safety On The Job and When In Public

- Decide who at work you will inform of your situation include any security officers and provide them with a picture of your abuser
- Have someone escort you to your car or bus stop
- If possible, use a variety of routes to come and go from home and work
- If possible, shop at new grocery stores, etc. Change the normal routine

Know and Keep On Your Cell Phone or In a Safe Place

- Police Numbers
- Work Security Number
- Trusted Friends and Family

**For help with Safety Planning,
call YWCA's 24/7 Crisis Hotline:**

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