

## What you may need when you leave:

### Identification:

- Drivers license
- Birth Certificates: Yours and children's
- Social Security Cards
- Passports
- Insurance information

### Money:

- Money, welfare ID, food stamp card
- Credit cards and ATM cards-however can be easy to trace
- Savings book, Check books
- House mortgage
- Car title
- Student loan information

### Legal Documents:

- Lease, rental agreement, house mortgage, deed to properties.
- Car registration, title insurance.
- Health and life insurance information
- Living will
- Medical records for you and your children.
- School and shot records
- Work permits/Green card or Vista
- Passport
- Divorce papers, Custody papers, marriage license
- Order of Protections

### Other Items:

- Keys to house, car, safety deposit boxes, etc.
- Medications
- Small objects to sell, jewelry
- Family photos, family treasures
- Picture of abuser
- Address book, cell phone, phone card
- Child toys and special treasures (doll, blanket)
- Toiletries/diapers, bathroom items
- Clothing
- Glasses, contacts, needed medical equipment



**Northern Arizona Resources:**  
*In the event of an emergency call 911*

- Flagstaff Police Department: (928) 774-1414
- NAU Police Department: (928) 523-3611
- Municipal Court: (928) 774-1401
- Justice Court: (928) 774-6806
- National 24 hr. DV hotline: (800) 782-8400
- Northland Family Help Center: (928) 527-1900
- Open Inn for Runaway and Homeless Youth: (928) 527-1800
- Victim Witness: (928) 779-6163
- AZ Coalition Against DV (AZCADV): (800) 782-6400
- Northern AZ Center Against Sexual Assault (NACASA): (928) 527-1900
- Pets too! With Victim Witness: (928) 779-6163
- Child Protection Services: (888) 767-2445
- Flagstaff Medical Center: (928) 779-3366

Domestic Violence  
Safety Plan

**Do You  
Feel Safe  
at Home???**

**You Can.**

For a local shelter call:  
1-800-799-7739

National DV hotline:  
1-800-799-SAFE (7233)

**Domestic Violence are behaviors used to show power and control over a partner, family, or friend.**

***This can include physical, emotional, verbal, economic, spiritual, and/or sexual abuse.***



**24 Hour Hotline: 1-(928)-527-1900**

### **Safety at Home:**

**if you decide to stay or when the person who is abusive is there.**

- Identify safe rooms of the house. Avoid arguments in the bathroom, kitchen, garage, rooms with weapons/hard surfaces, and rooms with no exits.
- Create an escape route for all rooms, practice getting out of these routes with children.
- Select a code word that alerts friends, family and children to call the police.
- Create an outside signal for neighbors to see so they know to call police (flashing porch light)
- Leave a suitcase, money, important papers, and checklist items with a friend.
- Know numbers to call for help. If you use a landline 911 can trace you, if you call from a cell you need to tell 911 your location.
- Back your car into your driveway each time to create an easier get-away.
- Keep your keys/purse/wallet in an easy place to access by the door. Make copies of keys and store in safe place or hide in car if possible.
- Identify nearby businesses, trusted friends or neighbors that you can run to for help. .
- If possible, keep any evidence of physical abuse (pictures, medical records). Keep a journal of dates/events/threats.

### **Protecting your children:**

- If safe and age appropriate: teach children a code word for them to call 911
- Ask the school to not publish your child's information, photos or give out your address/phone #.
- Tell the school, people who watch your children, and your children the names of individuals who are allowed to pick them up
- Consider changing your children's schools
- Tell children to avoid the fights/arguments, not try to help, and go to a safe room in the house
- Plan/rehearse an escape plan with children (only if they understand to not tell the abuser about it)
- Alert school authorities of concerns, order of protections, abuser's identity.

### **Go to northlandfamily.org**

**for more safety planning tips, including what to do once you leave and technology safety.**

### **Safety at Work or in Public:**

- Keep a charged cell phone; you can call 911 from any cell as long as it is charged.
- Change your route to work and children's schools.
- Change work hours if possible.
- Change the stores and places you normally frequent
- Keep a copy of your order of protection with you at all times.
- Inform trusted friends, neighbors, family, employer that you have an order of protection in effect
- Alert co-workers you will not take calls at work or will only take calls from certain people if possible.
- Have an escort walk you to the car/bus.
- Avoid walking in the dark or on poorly lit streets

### **Getting An Order of Protection:**

- Contact the Municipal or Superior Court and they will show you how to obtain one.
  - Municipal Court: (928) 774-1401
  - Superior Court: (928) 679-7500
- Call NFHC at 928-527-1900 for information
- Call the police to request an immediate Order of Protection
- Keep orders with you at all times and give copies to friends, family schools, employers, babysitters.