Leaving Abuse: A Safety Planning Checklist

In an Emergency Dial 911 for the police.

Plan before it is too late! Below is a checklist of first steps.

Think about:

☐ Going to a safe place such as trusted friend, hospital Emergency Room, family member
☐ Locating all possible escape routes
☐ Leaving before violence starts
☐ Taking your children with you
☐ Staying out of rooms in which there are weapons (such as kitchen knives, home repair tools, sports equipment, etc.)
☐ Not isolating yourself in a bathroom with no door to the outside
☐ Getting your own bank account
☐ Also, decide on a code word to let a friend or safe family member know that you are leaving and need help
☐ Talking to your healthcare provider

Prepare a bag with the following supplies and leave in a safe place outside the home:

☐ Money for phone calls, transportation, etc.
☐ Money to buy basics
☐ Clothes for you and your family
☐ Some toys for the children
☐ Medications and prescriptions
☐ Extra keys for house, car and office
☐ Phone numbers of emergency shelters
☐ Important contacts

Pack originals or copies of these:

☐ Birth certificates
☐ Immigration/refugee status papers
☐ Social insurance numbers
☐ Driver’s licence
☐ Health cards
☐ Passports
☐ Address book
☐ Divorce/separation papers
☐ Custody agreements
☐ Restraining orders
☐ List of bank accounts, credit and debit card numbers, and other important financial document numbers