

# CHECKLIST

WHAT TO TAKE WHEN  
YOU LEAVE

## IDENTIFICATION

- Ž Driver's License
- Ž Car Registration
- Ž Your Birth Certificate
- Ž Your Childrens' Birth Certificates
- Ž Social Security Card(s)
- Ž School and Medical Records
- Ž Vaccination Records
- Ž Welfare identification
- Ž Work Permits
- Ž Green Card

## FINANCIAL

- Ž Money
- Ž Credit Cards
- Ž Bankbooks
- Ž Checkbooks
- Ž ATM Card
- Ž Safety Deposit Box Key
- Ž Mortgage Payment Book

## LEGAL PAPERS

- Ž YOUR PROTECTION ORDER
- Ž Lease, Rental Agreement, House Deed
- Ž Work Permit/Passport/Green Card
- Ž Divorce Papers
- Ž Custody/Adoption Papers
- Ž Insurance Papers

## PERSONAL

- Ž House and Car Keys
- Ž Clothing
- Ž Toiletries
- Ž Diapers
- Ž Children's Favorite Toy/Blanket, etc.
- Ž Medications
- Ž Address Book
- Ž Pictures, Items of Sentimental Value

# IMPORTANT PHONE NUMBERS

Police/Sheriff: 911

24 hour HOTLINE  
& Shelter:

(509) 332-HELP  
(208) 883-HELP

Family: \_\_\_\_\_  
 Friends: \_\_\_\_\_  
 Daycare: \_\_\_\_\_  
 Doctor: \_\_\_\_\_  
 Spiritual Leader: \_\_\_\_\_

## SUPPORT INFORMATION

### LATAH COUNTY

- Gritman Hospital: (208) 882-4511
- CPS: (208) 882-0670
- Alternatives to Violence of the Palouse: (208) 883-HELP
- Health & Welfare: (208) 882-2432
- Sojourner's Alliance : (208) 883-3438

### WHITMAN COUNTY

- Pullman Memorial Hospital: (509) 332-2541
- Whitman Hospital: (509) 397-3435
- CPS: (800) 642-5179
- Alternatives to Violence of the Palouse: (509) 332-HELP
- Mental Health: (509) 334-1133
- Crisis Line (509) 332-1505

# ATVP

Celebrating 25 Years  
of Survivors' Strength in 2005

PO BOX 37  
1125 NW NYE, SUITE A  
PULLMAN, WA 99163  
TEL: (509)332-0552  
FAX: (509)332-3314



A UNITED WAY AGENCY

PO BOX 8517  
627 N. VAN BUREN  
MOSCOW, ID 83843  
TEL: (208) 882-2490  
FAX: (208) 883-1041

**Web Address**  
www.atvp.org

**E-Mail Address**  
home@atvp.org

**24-Hour Hotline**  
Collect Crisis Calls Accepted

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# PERSONAL SAFETY PLANNING



## Alternatives to Violence of the Palouse

Help for victims and  
survivors of domestic  
violence and  
sexual assault

24 hour Crisis Hotline  
**(509) 332-HELP**  
or  
**(208) 883-4357**

# SAFETY PLANNING

## SAFETY DURING AN EXPLOSIVE INCIDENT

- If an argument seems unavoidable, try to have it in a room or area where you have access to an exit.
- Try to stay away from the bathroom, kitchen, bedroom or anywhere else weapons might be available.
- Practice how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
- Have a packed bag ready and keep it at a relative's or friend's home in order to leave quickly. **TAKE THE CHILDREN WITH YOU WHEN YOU LEAVE.**
- Identify one or more neighbors you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends and neighbors when you need the police.
- Decide and plan for where you will go if you have to leave your home (even if you do not think you will need to.)
- Trust your own instincts and judgement. If the situation is dangerous, consider giving the abuser what is necessary to calm the situation. You have the right to protect yourself until you are out of danger.

## SAFETY WHEN PLANNING TO LEAVE

- Open a savings account and/or credit card in your name to establish or increase your independence. Think of other ways in which you can increase your independence.
- Leave money, an extra set of keys, copies of important documents, extra medicines and clothing with someone you can trust, enabling you to leave quickly.
- Determine who would be able to let you stay with them or lend you some money.
- Keep the HOTLINE number close at hand, (883 or 332-HELP). We accept collect calls, but try to keep some change or a calling card on you at all times for emergency phone calls.
- Be aware that motor vehicle records, including addresses, may be available to the public. Most Dept. of Motor Vehicle offices will permit drivers to use a number other than their social security for identification purposes and will keep the information confidential upon request.
- Review your safety plan as often as possible in order to know the safest way to leave your abusive partner.

**REMEMBER LEAVING YOUR ABUSIVE PARTNER IS THE MOST DANGEROUS TIME. BE CAREFUL.**

## SAFETY IN YOUR OWN HOME

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- Discuss a safety plan with your children for when you are not with them.
- Inform your children's school, day care, etc about who has permission to pick up your children.
- Inform your neighbors and landlord that your partner no longer lives with you and that they should call the police if they see your partner near your home.



## SAFETY WITH A PROTECTIVE ORDER

- Keep your protection order with you at all times. When you change your purse, this should be the first thing that goes in. Give a copy to a trusted neighbor or family member.
- Call the police if your partner breaks the protection order.
- Think of alternative ways to keep safe if law enforcement are not able to respond right away.
- Inform family, friends, neighbors and your physician or health care provider that you have a protective order in effect.

## SAFETY ON THE JOB AND IN PUBLIC

- Decide on whom you will inform at work about your situation. This should include office or building security. Provide a picture of your abusive partner, if possible.
- Arrange to have an answering machine, caller ID, or a trusted friend or relative screen your telephone calls, if possible.
- Devise a safety plan for when you leave work. Have someone escort you to your car or bus and wait with you until you are safely en route. Use a variety of routes to go home, if possible. Think about what you would do if something happened while going home.

## YOUR SAFETY AND EMOTIONAL HEALTH

- Think about and discuss an alternative plan with someone you trust if you are thinking of returning to a potentially abusive situation.
- Think about the safest way to communicate with your partner if you have to.
- Think positive thoughts about yourself and be assertive with others about your needs. Read books, articles and poems to help you feel stronger.
- Think about who you can call to talk with freely and openly for the support you need.
- Consider attending a support group to gain support and encouragement.