

Preparation

Safety Plan Checklist

- Open a checking/savings account in your name.
- Leave an extra set of keys, money, copies of important documents, clothes and medications out of the home with someone you can trust.
- Get your own PO Box address.
- Identify a safe place where you can go and borrow money or other essentials if needed.
- Get your own cell phone with private number as well as a phone card for emergency calls.
- Make arrangements to board your pets.

Computer Safety Checklist



- Change your PIN numbers and user ids on email accounts and other electronic accounts.
- Create a new email account.
- Remove yourself from Facebook and other social media sites.

Awareness

- Assess your partner's level of anger, alcohol or drug usage prior to an emotional/violent event.
- If you are in the same room with an angry partner, move yourself near doors for fast exit.
- Remove yourself from the kitchen and any room with knives, guns or anything that can be used as a weapon against you.
- Know where your keys and safety kit are.
- Keep car backed in driveway & fueled for quick exit.
- In the event of abuser's verbal anger or assaults, say nothing, stay calm and leave the home.
- Plan an escape route with your children. In the event of violence, children should not intervene, but be given a code word to signal that they should leave the home.
- Learn simple, effective self defense tactics if absolutely needed.



FAMILY JUSTICE CENTER

Serving Victims of Domestic Violence

Action

- If you are planning to leave the home, leave when least expected and when things are calm.
- Call police, domestic shelter, trusted family and friends.
- Carry your cell phone with you at all times, pre-program 911 in it.
- Keep copy of Restraining Order, Order of Protection or No Contact Order with you at all times.
- Give copies of restraining order to employers, neighbors, friends and family.
- Have your escape plan and safety kit ready.
- Inform your children's schools about the abuse. Consider if it's possible to change schools.
- Change up your daily routine as much as possible, which includes travelling different routes. Change your route to work and school.

Safety Plan Phone Numbers

Police	911
Local Crisis Hotline	844-208-0161
National Crisis Hotline	800-799-7233
Family Justice Center	843-546-3926
Rape Crisis Center Hotline	
(Horry & Georgetown County)	843-448-7273
Georgetown County Sheriff	
(Emergency Dispatch)	843-546-5101
Georgetown City Police Dispatch	843-527-6763
Horry County Police	843-248-1520
Myrtle Beach Police	843-918-1382
North Myrtle Beach Police	843-280-5511
Conway Police	843-248-1790

Safety Kit Check List

It is important to have a safety kit ready to take with you when you leave:

- Driver's License
- Social Security card or number
- Your children's and your birth certificates

Financial Papers:

- Money and/or credit cards (in your name)
- Checking/savings account books or numbers

Legal Papers:

- Order of Protection, Restraining Order or No Contact Order
- Passport/work permits/Green Card/visa
- Car registration and insurance papers
- Lease, rental agreement or house deed
- Health and life insurance papers
- Marriage license
- Divorce and custody papers
- Medical records for you and your children
- School records

Other:

- Car keys
- Cell phone and charger
- Valuable jewelry
- Address Book
- Pictures and sentimental items
- Change of clothing for you and your children
- Children's favorite toys/blankets
- Personal computer

Preparation • Awareness • Action



FAMILY JUSTICE CENTER

Serving Victims of Domestic Violence

My Personal Safety Plan

Valuable information to keep you safe. Keep with you at all times.