

DOMESTIC VIOLENCE SAFETY PLAN CHECKLIST

Use the following checklist to help create a safe environment during and after a Domestic Violence occurrence.

During a DV Incident:

- Stay away from the kitchen where the abuser has access to weapons.
- Stay away from bathrooms, closets, or small spaces where the abuser can trap you.
- Get to a room with a phone to call 911 for help.
- Get medical attention.
- Take pictures of bruises, scrapes, cuts, etc.
- Make a police report.

Safety at Home:

- Obtain a Restraining Order from your local Court.
- Change the locks.
- Get an unlisted phone number/confidential address (for assistance, go to www.sos.ca.gov/safeathome)
- Keep a phone close by (cellular or house phone).
- Install security lighting, if possible.
- Install an alarm system, if possible.
- Know your neighbors and inform them your abuser is not allowed near your home.
- Keep a bag packed of items you need in case you need to leave quickly. Put it in an area you can get to or give it to a neighbor you trust (include clothes, spare keys, cash, ID, and legal documents).
- Plan an escape route to get out of your home (memorize and practice it).
- Take a Self Defense class.

Children and Safety:

- Make sure your children know how to call 911.
- Make sure your kids know not to get in the middle of a fight.
- Give a copy of the protective order to your children's school.

Safety at Work:

- Let your supervisor know you have a restraining order and give them a copy.
- Have security walk you to your car.

SOUTHERN CALIFORNIA DOMESTIC VIOLENCE SHELTER INFO.

- Alternatives to Domestic Violence P.O. Box 910 Riverside CA 92502 Business #: 951-672-6175 **Hotline/Crisis:** Toll Free #: (800)339-SAFE
- Riverside Family Justice Center □ 3900 Orange St., Riverside, CA 92501 Business # (951) 955-6100
- Option House, Inc. P.O. Box 970 San Bernadino CA 92402 Business #: 909-381-3471 **Hotline/Crisis:** 909-381-3471
- High Desert Domestic Violence Program 15075 7th St., Victorville, CA 92395 Business #: 760-949-4357 **Hotline/Crisis:** 760-843-0701
- Su Casa 3840 Woodruff Ave. Ste. 203, Long Beach, CA 90808 Business #: 562-421-6537 **Hotline/Crisis:** 562-402-4888
- Dessert Sanctuary, Inc. P.O. Box 1781 Barstow CA 92312 Business #: 760-256-3441 **Hotline/Crisis:** 800-982-2221
- D.O.V.E.S. of Big Bear Valley, Inc. P.O. Box 3646 Big Bear Lake CA 92315 Business #: 909-866-1546 **Hotline/Crisis:** 800-851-7601
- Haven Hills, Inc. P.O. Box 260 Canoga Park CA 91305 Business #: 818-887-7481 **Hotline/Crisis:** 818-887-6589
- Glendale YWCA Shelter 735 E Lexington Dr. Glendale CA 91206 **Hotline/Crisis:** 888-999-7511
- Family Violence Project **Hotline/Crisis:** 818-505-0900
- Chicana Service Action Center 134 E. 1st. Los Angeles CA 90012 Business #: 213-268-7568 Toll Free #: (800)548-2722
- Good Shepard Shelter P.O. Box 19487 Los Angeles CA Business #: 323-737-6111
- Jenesse Center, Inc. P.O. Box 73837 Los Angeles CA 90003 Business #: 323-299-5496 **Hotline/Crisis:** Toll Free#: (800)479-7328
- Los Angeles Commission on Assaults Against Women 6043 Hollywood Blvd., Suite 200 Los Angeles CA 90028 Business #: 213-955-9090 **Hotline/Crisis:** 213-626-3393
- Womens Resource Center 1963 Apple St. Oceanside, CA **Hotline/Crisis:** 760-757-3500
- Women's Transitional Living Center P.O. Box 6103 Orange CA 92651 Business #: 714-992-1939 **Hotline/Crisis:** 714-992-1931
- Shelter From the Storm P.O. Box 12395, Palm Desert, CA 92255 **Hotline/Crisis:** 760-328-SAFE Toll Free #: (800)775-6055
- Haven House, Inc. P.O. Box 50007 Pasadena CA 91115 Business #: 626-564-8880 **Hotline/Crisis:** 323-681-2626
- Emergency Battered Women's Shelter **Hotline/Crisis:** 310-370-5902
- Center for Women's Studies and Services 4508 Mission Bay Dr., San Diego, CA 92109 **Hotline/Crisis:** 888-385-4657
- Rainbow Services 453 W. 7th St., San Pedro, CA 90731 Business #: 310-548-5450 **Hotline/Crisis:** 310-547-9343
- Sojourn Services P.O. Box 5597 Santa Monica CA 90409 **Hotline/Crisis:** 310-264-6644
- Interval House Crisis Shelters P.O. Box 3356 Seal Beach CA 90740 Business #: 562-594-9492 **Hotline/Crisis:** (714)891-8121
- Human Options, Inc. 5540 Trabuco Rd. Ste. 100 Irvine, CA 92620 Business#: 714-497-7017 **Hotline/Crisis:** 877-854-3594