

Staying safe when I am using technology:

- I will turn the location feature off on my phone and on all social media accounts.
- I will be careful not to post or share personal information about me, my home, or my family online.
- I will use a fake name for email accounts and usernames when creating accounts online.
- I will use a virtual phone number app (like Google Voice) to give a virtual phone number out instead of my real phone number.
- I will request to have my telephone number unlisted or unpublished.
- I will never call my abuser from my home.

Using my Order of Protection:

- I will keep a copy of it with me at all times.
- I will provide a copy of my Order of Protection to trusted management and security at work, family, and trusted neighbors and friends.
- If my children are on my Order of Protection, I will give a copy of it to their schools, day care centers, babysitters, teachers, and after-school program teachers and coaches.

If I decide to leave my abuser permanently:

- I will make one plan for if I have time to prepare before leaving. I will make another plan for if I have to leave in a hurry.
- I will leave when my abuser will least expect it. This will give me more time to get away before my abuser realizes I'm gone.
- If I can, I will call a police officer to escort me out of the house as I leave.
- I will get my own post office (P.O.) box.
- I will open a checking and/or savings account in only my name, and start putting money in them. I will try to set as much cash aside as I can without making my abuser suspicious. If I cannot open an account, I will see if a trusted friend or family member can hold my money for me so my abuser cannot find it and/or use it.
- If I have pets, I will make arrangements for them to be cared for in a safe place.
- I will consider opening a safety deposit box to keep all of my important documents in.
- I will take with me:
 - My and my children's birth certificates
 - My and my children's social security cards
 - My and my children's military IDs
 - Money and/or credit cards that are in my name
 - A copy of my Order of Protection
 - Divorce and custody papers
 - My marriage license
 - A copy of my lease agreement
 - The deed to the house
 - The title, registration, and insurance papers of the car
 - My and my children's health and life insurance papers
 - My and my children's medical records
 - My children's school records
 - My and my children's work permits, green cards, or visa/passport
 - My and my children's medications
 - Keys to the house and car(s)
 - My and my children's valuable jewelry
 - A list of contact information (address and phone numbers) for any family and friends that could help me.
 - Keys to my safety deposit box and/or my post office box.
 - Any evidence I have of my abuse**
- I will ask trusted friends or family if they would take me and my children in during an emergency, and will plan to go to them if my children and I have to flee our home.
- I will memorize or keep the numbers of emergency shelters in my area with me at all times.
- I will keep my Safety Plan with me at all times, if I can, or in a place where I can get to it easily.

Important Phone Numbers:

Emergency: 911 Non-emergency police: 615-862-8600
National Domestic Violence Hotline: 1-800-799-SAFE
YWCA emergency shelter: 615-242-1199
Morning Star Sanctuary emergency shelter: 615-860-0188
Domestic Violence Division of Metro PD: 615-880-3000 (Free counseling)
Jean Crowe Advocacy Center: 615-862-4767 (Support group on Wednesdays, 2pm - 3pm)

Your advocate: