



Creating A Safety Plan continued

Know
Needs
Options
Warnings
Learn
Explore
Danger
Grieve
Em-
power

Items to take with you when you leave	Technology Safety
<ul style="list-style-type: none">• Money• Keys to car, house, work• Extra clothes• Medicine• Important papers for you and your children, including bank books, passports, green cards, work permits, immigration papers, social security cards, school and medical information• PPO, divorce papers, custody orders• Pictures, jewelry, things that mean a lot to you• Address book• Items for your children (toys, blankets, etc.)• Insurance papers• Mortgage payment book, unpaid bills• Car registration• Welfare identification• Leave/rental agreement	<ul style="list-style-type: none">• Try to use a public computer• Change your password often• Try to avoid visiting shared networks (Craig's List, Facebook, MySpace, etc.)• Do not try to sell things online or use Ebay• Delete any information about friends' addresses• Delete your web history and information• Search for your information on Google or ZABA search, then write them and request your information be deleted

WARNING!

Your safety plan should be kept in a safe place! Do not share this information with your partner at anytime. Please remove this page from your packet and only share this information with people that are a part of your safety plan.

Remember... you can change your safety plan at anytime to fit your needs. Talk to an advocate about options.