Checklist: What you need to take with you when you leave

- Identification
  - Driver’s license or other photo ID
  - Social security card
  - Birth certificates (all family members)
  - Green card or Passport

- Financial
  - ATM card or credit cards
  - Check book or cash
  - Other financial information

- Legal Papers
  - Car title and registration
  - Medical records (all family members)
  - Copy of protection or restraining order
  - Insurance papers
  - Benefits or other assistance information
  - Lease, rental agreement, house deed
  - Custody orders
  - Work permits
  - Divorce papers or Marriage certificate

- Other
  - Medications (all family members)
  - Cell phone
  - House and car keys
  - Address book
  - Pictures
  - Small toys or items for children
  - Other __________________________

For More Information

Contact DSS:
Department of Social Services
700 Governors Drive
Pierre, SD 57501
Email: VictimsServices@state.sd.us
Web: dss.sd.gov/keyresources/victimservices

SD Domestic Abuse Hotline
1.800.430.SAFE (7233)

National Domestic Violence Hotline
1.800.799.SAFE (7233)
1.800.787.3224 (hearing impaired)
Web: www.thehotline.org

Contact a Victims’ Services Agency near you for more information and to see what type of assistance is available to you in your situation.

Web: dss.sd.gov/keyresources/victimservices/resourcedirectory.aspx
Safety During an Explosive Incident

- If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in the bathroom, kitchen or anywhere near dangerous items.
- Practice getting out of your home safely. Identify which doors, windows, elevator or stairwell are best.
- Have a packed bag ready. Keep it hidden in your home or leave the bag with a friend or family member or even at work, if possible.
- Identify a neighbor you can tell about the violence and ask that they call police if they hear a disturbance coming from your home.
- Decide on 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 home (even if you don’t think you will need to).
- If an abusive incident seems imminent, trust your own judgment. Sometimes it is best to leave; sometimes it is best to pacify the abuser.

Safety in Your Own Home

- Change the locks on your doors. Buy additional locks and safety devices to secure your windows.
- Discuss a safety plan with your children for when you are not with them.
- Tell your child’s school and/or day care provider about who has permission to pick up your child.
- Tell neighbors and a landlord your partner no longer lives with you and they should call police if they see that person near your home.
- Never call the abuser from your home. If your abuser has caller I.D., locating your residence can easily be done.
- Some domestic violence shelters may be able to provide you with a cell phone specifically used to call 911 in case of emergencies.

Safety with a Protective Order

- Keep your protective order on you at all times. When changing your purse, this should be the first thing that goes in it.
- Call the police if your partner breaks the protective order.
- Think of alternative ways to keep safe if the police do not respond right away.
- Tell your family, friends and neighbors that you have a protective order in place.

Safety on the Job and in Public

- Decide who to tell at work about your situation. This should include staff security in your office building. If possible, provide a photograph of your batterer.
- If possible, arrange to have someone screen your phone calls.
- Prepare a safety plan for when you leave work. Have someone walk you to your vehicle or other mode of transportation. Use a variety of routes to go home.

Safety and Technology

- Clear your browsing history as frequently or use a public computer if possible.
- Create a new email account that your abuser is unaware of and make your password something no one will be able to guess.
- Get a new phone if your current one is provided by your abuser. Try to turn off the GPS location service on the phone.
- Do a quick search of your name in major search engines (like Google or Yahoo) since they may have links to your contact information.
- Routinely check both inside and outside of your car for any suspicious objects such as GPS Tracking devices if you think you are being stalked.

Safety and Emotional Health

- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- Determine the safest method of communication if you have to communicate with your partner.
- Have positive thoughts about yourself and be assertive with others about your needs.
- Attend a victims’ support group to gain support from others and learn more about yourself and the relationship.
- Contact a counselor for more support or advice about your particular situation.
- Contact your local domestic violence victims’ services program to receive additional information about a safety plan and planning ahead for certain situations.