

DV/SA ADVOCACY AGENCIES

Bismarck
Abused Adult Resource Center
Crisis Line: 866-341-7009
Office: 701-222-8370
abusedadultresourcecenter.com

Bottineau
Family Crisis Center
Crisis Line: 800-398-1098
Office: 701-228-2028
famcrisiscenter.org

Devils Lake
Safe Alternatives for Abused Families
Crisis Line: 701-409-0665
Office: 701-662-7378
saafnd.org

Dickinson
Domestic Violence & Rape Crisis Center
Crisis Line: 888-225-4506
Office: 701-225-4506
dvrcnd.com

Ellendale
Kedish House
Crisis Line: 877-349-4729
Office: 701-349-4729
kedish-house.com

Fargo
Rape & Abuse Crisis Center
Crisis Line: 800-344-7273
Office: 701-293-7273
raccfm.com

Grafton
Domestic Violence & Abuse Center Inc.
Crisis Line: 866-435-7490
Office: 701-331-0466
dvacnd.org

Grand Forks
Community Violence Intervention Center
Crisis Line: 866-746-8900
Office: 701-746-0405
cviconline.org

Jamestown
Safe Shelter
Crisis Line: 888-353-7233
Office: 701-251-2300
safeshelterjamestown.org

McLean Co.
McLean Family Resource Center
Crisis Line: 701-462-8643
Office: 701-462-8643
mcleanfrc.weebly.com

Mercer Co.
Women's Action & Resource Center
Crisis Line: 701-873-2274
Office: 701-873-2274
mercerwarc.com

Minot
Domestic Violence Crisis Center
Crisis Line: 701-852-2258
Office: 701-852-2258
courage4change.org

Ransom Co.
Abuse Resource Network
Crisis Line: 701-683-5061
Office: 701-683-5061
abuseresourcenetwork.org

Fort Totten
Spirit Lake Victim Assistance
Crisis Line: 701-766-1816
Office: 701-766-1816
spiritlakenation.com/programs/
spirit-lake-victim-assistance/

Stanley
Domestic Violence Program NW ND
Crisis Line: 800-273-8232
Office: 701-628-3233
dvpnwnd.weebly.com

Turtle Mountain Reservation
Hearts of Hope
Crisis Line: 701-477-0002
Office: 701-477-0002
E-mail: gourneau@utma.com

Valley City
Abused Persons Outreach Center
Crisis Line: 701-845-0072
Office: 701-845-0078
apocnd.org

Wahpeton
Three Rivers Crisis Center
Crisis Line: 701-642-2115
Office: 701-642-2115
threeriverscrisiscenter.weebly.com

Williston
Family Crisis Shelter
Crisis Line: 701-770-5180
Office: 701-572-0757
familycrisisshelter.com

CHECKLIST

The following is a suggested packing list for when you are preparing to leave an abusive relationship. Pack these items in a suitcase or duffel bag and have it readily available in a safe place. Add any important items that are not listed, or cross out any items that don't apply to you. If you're unable to leave with these items, a DV/SA advocate may be able to help you replace them.

Identification

- Driver's license/state ID/passport
- Social Security card(s)
- Birth certificate (yours and children's)
- Tribal enrollment

Financial

- Money (both cash and any credit cards in your name)
- Checking and savings account information
- Pay stubs
- Public assistance cards (Medicaid, SNAP, WIC, etc.)
- Loan/investment/retirement documents

Legal and Medical Documents

- Domestic Violence Protection Order
- House deed or lease/rental agreement
- Car title, registration, and insurance
- Work permit/permanent resident card/Visa/ITIN
- Marriage license

- Divorce and custody/Primary Residential Responsibility papers
- Tax return from the previous year
- Health/life insurance information
- Medical records (yours and children's)
- Vaccination/immunization information
- Your children's school records

Other Items

- Medications, glasses, hearing aids, other medical supplies
- Changes of clothes for you and your children
- Diapers, formula, toys
- Additional car and house keys
- Phone/device charger
- Safety deposit box key
- Address book with important phone numbers
- Current photos of you, your children, and the abuser
- Camera
- Appointment book/calendar/planner
- Current unpaid bills
- Items of sentimental or monetary value

CAWS NORTH DAKOTA

521 E Main Avenue
Suite 320
Bismarck, ND 58501

Phone: 701.255.6240
Toll Free: 888.255.6240
Fax: 701.255.1904

Web: cawsnorthdakota.org
Email: contact@cawsnorthdakota.org

CAWS North Dakota does not provide direct services to victims of domestic and sexual violence. Contact your local domestic violence/sexual assault advocacy agency for support. Call 911 in an emergency.

[f](#) [@](#) [t](#) [in](#) [v](#) @cawsnorthdakota

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Domestic Violence: Guide to Safety Planning



WHAT IS A SAFETY PLAN?

A safety plan is a personalized plan for what you might do and who might support you in a crisis or unsafe situation. Safety planning is important because it helps keep you safe and reduces the risk of future harm by preparing you for potential unsafe situations before they occur.

Abusers often shift their abusive tactics to maintain power and control, so your safety plan should be adapted and updated to help you stay safe as your situation changes. However, please know that while safety planning can help keep you safe, you are not responsible for avoiding the abuse. The only person at fault for the abuse is the abuser.

Connect with an advocate at a domestic violence/sexual assault (DV/SA) victim advocacy agency for help with creating a personalized safety plan. A list of North Dakota DV/SA advocacy agencies can be found in this brochure.

SAFETY WHILE LIVING WITH AN ABUSER

Practice ways to get out of your home safely. Identify which doors, windows, or stairs would be the safest exit. Visualize your escape route, and plan where you will go if you have to leave. If you have children, and it is safe to do so, practice with them too.

Move to a room or area where there is an exit if you feel a situation or argument escalating. Avoid the bathroom, kitchen, or anywhere near weapons. Have a phone near, if possible.

Rely on your instincts and trust yourself. You know your situation best. If you sense the abuser's actions are escalating, take whatever steps are necessary to protect yourself and your children.

Create a 911 code word you can use with your children, family, friends, or neighbors. Identify one or more loved ones or neighbors you can tell about the violence, and ask them to call 911 if they hear the code word or a disturbance coming from your home.

Pack a suitcase with "checklist" items (see back of brochure) if you are considering leaving the abuser, and store it in a safe and accessible place.

SAFETY WHILE NOT LIVING WITH AN ABUSER

Consider changing the locks on your doors and windows if you are separated or not living with the abuser. If possible, purchase security devices such as additional locks, magnetic alarms, security lights, or cameras.

Consider changing your phone number, and screen calls using caller ID or voicemail.

If you have children, discuss an age appropriate safety plan with them for times when you are not with them. Talk about what they can do and where they can go if the abuser shows up.

Tell your neighbors, your landlord, or anyone else you feel is important that the abuser does not live with you. Encourage them to call the police if they see the abuser around your home.

SAFETY PLANNING WHEN YOU HAVE A PROTECTION ORDER

A Domestic Violence Protection Order, or DVPO, is a civil order from a North Dakota state district court. A DVPO requires the person committing domestic violence to stop and to leave the victim(s) listed on the order alone. For more on protection orders, contact your local DV/SA advocacy agency.

Keep a copy of your protection order with you at all times. If it is lost or destroyed, you can get another copy from the Clerk of Court or the DV/SA advocacy agency you are working with. Consider giving extra copies of the order to your employer, co-workers, family, friends, neighbors, school faculty, day care providers, church officials, or anyone else who may need to know about the order. Keep an extra copy in your car, and store a digital copy on your phone if it is safe to do so.

Develop a plan of action in the event that the abuser violates the order.

Document any violations of the order. Keep a notebook with you—or if it's safe to do so, use a phone or other device—and write down the time and place of the incident, what happened, the names of anyone involved, any witnesses, if the police were called, and anything else you feel is important.

If you have children, talk to their school, day care, coaches, activity leaders, etc. about who has permission to pick them up.

SAFETY AT WORK

Tell security officers or someone you trust at work about your safety plan. Give them a copy of any relevant court orders and a photo of the abuser.

If possible, arrange for someone to screen your calls, or use caller ID or voicemail to screen them yourself.

If possible, lock the office or building if you are alone.

Park your car in a well-lit area, and have someone escort you to your car. If possible, use a variety of routes and times when traveling to and from work.

If you need assistance with talking to your employer about your situation, contact your local DV/SA advocacy agency.

SAFETY IN PUBLIC

You have the right to go anywhere you want, but for your safety, you may need to **consider avoiding places the abuser frequently visits.** This may look like going to different grocery stores, restaurants, or businesses—or changing the time of day you visit these places.

Use a variety of routes when going to and from home, or try to get rides from friends or relatives.

Consider calling or texting a friend or relative when you leave and arrive home to let them know you got there safely.

SAFETY WHEN PREPARING TO LEAVE AN ABUSIVE RELATIONSHIP

Connect with an advocate at a DV/SA advocacy agency to talk about the ways you can safely leave the relationship. Review your safety plan with them periodically to ensure your plan meets your current needs.

Secure an alternative address to have your mail sent to.

Open a checking or savings account in your own name. Ensure that your bank statement is sent to a safe address or email account. Only use online banking on a safe computer or cell phone.

Pack a suitcase with "checklist" items (see back of brochure), and store it in a safe place.

If it is safe to do so, take your children with you, or make arrangements to leave them with someone safe.

If you have pets, arrange for them to be cared for in a safe place.

Keep a phone and the number for nearest DV/SA advocacy agency with you at all times.

SAFETY AND TECHNOLOGY

Trust your instincts. Abusers, stalkers, and perpetrators are often very determined to maintain control over their victims, and technology is one of many tools they use to do this. If it seems like the abuser knows too much about you, they could be getting that information from a variety of sources, like monitoring your devices, accessing your online accounts, tracking your location, or gathering information about you online.

Consider using a safer device. If you think that someone is monitoring your computer, tablet, or mobile device, try using a different device that the person hasn't had physical or remote access to in the past, and doesn't have access to now (like a computer at a library or a friend's phone). This can hopefully give you an option for communication that cannot be monitored by the abuser.

Strategically plan around your tech. When abusers misuse technology, it's often a natural reaction to want to throw away devices or close online accounts to make it stop. However, some abusive individuals may escalate their controlling and dangerous behavior if they feel they've lost access to the victim. So before removing a hidden camera or a GPS tracker that you've found, think through how the abuser may respond, and plan for your safety. For example, some survivors choose to use a safer device for certain interactions, but also keep using the monitored device as a way to collect evidence.



For more tech safety tips, scan the QR code or visit techsafety.org/resources-survivors/technology-safety-plan

Technology safety planning tips courtesy of *Technology Safety Plan: A Guide for Survivors and Advocates* by the National Network to End Domestic Violence (NNEDV) Safety Net Project. All credit goes to the original authors.