

## Safety at work checklist:

- Provide **pictures** of your abuser to people you work with, especially those who might be a 'first contact' in the workspace (such as a receptionist), so they can recognize your abuser if they do try to visit you at work.
- If you know that your abuser knows your place of employment, ask if it is possible for you to move to a **different worksite** temporarily or permanently
- Ask to have your **contact** information (including name, picture, and phone/email) removed from the company website
- How do you get to work? Do you take the bus, walk, or drive alone? If so, see if there is someone who can **walk** with you into and out of the workplace each day.
- If there is a **court order** in place, bring a copy to the workplace for your bosses/co-workers so they can help you watch for any breaches of the order.
- Can your phone calls be **screened**? If someone normally answers a main line first, and then transfers calls to you, ask if they can ask each caller for a name. This might prevent you from having to speak to your abuser on the phone.
- Be sure that your coworkers and bosses know what to do if your abuser does come to the workplace. They should know whether it will be necessary to call the **police** or if it is safe to just ask them to leave.

---

## Safety at school/childcare checklist:

- Provide the school or childcare facility with a **list** of people who are allowed to pick up the children other than yourself (if anyone). Direct them to check the list and ask for identification before releasing your children to anyone but yourself.
- Provide a **picture** of your abusive partner. Let the teacher/childcare worker know what to do if the abuser shows up at the school or facility. Are they to call the police?
- If you are trying to keep the name of the school or childcare facility from your abuser, ask the school or childcare facility **not** to publish any pictures or the names of your children on any social media, printed materials, or online in any capacity.
- Ensure that the children have a **safe way** to get to school. If you can drive them or walk with them yourself, do so. Otherwise, make arrangements for them to ride or walk with another responsible adult who understands the situation.
- If there is a **court order** in place, bring a copy to the school or childcare facility so they can help you watch for any breaches of the order.
- Explain to the school/childcare facility that your children are **not** to accept phone calls or messages from anyone but yourself. It may be wise to choose a code word you can use to prove your identity over the phone.