

Be

S A F E S E N S I B L E P R E P A R E D

If you are in danger, call 911
or your local police emergency number

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To find out about help in your area, call
National Domestic Violence Hotline:

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

*Whether or not you feel able to leave
an abuser, there are things you can do to
make yourself and your family safer.*

IN AN EMERGENCY

If you are at home and you are being threatened or attacked:

- Stay away from the kitchen (the abuser can find weapons, like knives, there)
- Stay away from bathrooms, closets or small spaces where the abuser can trap you
- Get to a room with a door or window to escape
- Get to a room with a phone to call for help; lock the abuser outside if you can
- Call 911 (or your local emergency number) right away for help; get the dispatcher's name
- Think about a neighbor or friend you can run to for help
- If a police officer comes, tell him/her what happened; get his/her name and badge number

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- Get medical help if you are hurt
- Take pictures of bruises or injuries
- Call a domestic violence program or shelter in your area; ask them to help you make a safety plan
- Revise your safety plan as your situation changes

HOW TO PROTECT YOURSELF AT HOME

- Learn where to get help; memorize emergency phone numbers
- Keep a phone in a room you can lock from the inside; if you can, get a cellular phone that you keep with you at all times
- If the abuser has moved out, change the locks on your door; get locks on the windows
- Plan an escape route out of your home; teach it to your children
- Think about where you would go if you need to escape
- Ask your neighbors to call the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a shade is pulled down or a light is on
- Pack a bag with important things you'd need if you had to leave quickly; put it in a safe place, or give it to a friend or relative you trust
- Include cash, car keys and important information such as: court papers, passport or birth certificates, medical records and medicines, immigration papers
- Get an unlisted phone number
- Block caller ID
- Use an answering machine; screen the calls
- Take a good self-defense course

HOW TO MAKE YOUR CHILDREN SAFER

- Teach them not to get in the middle of a fight, even if they want to help
- Teach them how to get to safety, to call 911, to give your address and phone number to the police
- Teach them who to call for help
- Tell them to stay out of the kitchen
- Give the principal at school or the day care center a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser

Domestic Violence

IT'S EVERYONE'S BUSINESS

- Make sure the children know who to tell at school if they see the abuser
- Make sure that the school knows not to give your address or phone number to ANYONE

HOW TO PROTECT YOURSELF OUTSIDE THE HOME

- Change your regular travel habits
- Try to get rides with different people
- Shop and bank in a different place
- Cancel any bank accounts or credit cards you shared; open new accounts at a different bank
- Keep your court order and emergency numbers with you at all times
- Keep a cell phone and program it to 911 (or other emergency number)

HOW TO MAKE YOURSELF SAFER AT WORK

- Keep a copy of your court order at work
- Give a picture of the abuser to security and friends at work
- Tell your supervisors; see if they can make it harder for the abuser to find you
- Don't go to lunch alone
- Ask a security guard to walk you to your car or to the bus
- If the abuser calls you at work, save voice mail and save email
- Your employer may be able to help you find community resources

USING THE LAW TO HELP YOU

Protection or Restraining Orders

- Ask your local domestic violence program who can help you get a civil protection order and who can help you with criminal prosecution
- Ask for help in finding a lawyer

In most places, the judge can:

- Order the abuser to stay away from you or your children
- Order the abuser to leave your home
- Give you temporary custody of your children and order the abuser to pay you temporary child support
- Order the police to come to your home while the abuser picks up personal belongings
- Give you possession of the car, furniture and other belongings
- Order the abuser to go to a batterers intervention program

- Order the abuser not to call you at work
- Order the abuser to give guns to the police

If you are worried about any of the following make sure you:

- Show the judge any pictures of your injuries
- Tell the judge that you do not feel safe if the abuser comes to your home to pick up the children to visit with them
- Ask the judge to order the abuser to pick up and return the children at the police station or some other safe place
- Ask that any visits the abuser is permitted are at very specific times so the police will know by reading the court order if the abuser is there at the wrong time
- Tell the judge if the abuser has harmed or threatened the children; ask that visits be supervised; think about who could do that for you
- Get a certified copy of the court order
- Keep the court order with you at all times

CRIMINAL PROCEEDINGS

- Show the prosecutor your court orders
- Show the prosecutor medical records about your injuries or pictures if you have them
- Tell the prosecutor the name of anyone who is helping you (a victim advocate or a lawyer)
- Tell the prosecutor about any witnesses to injuries or abuse
- Ask the prosecutor to notify you ahead of time if the abuse is getting out of jail

BE SAFE AT THE COURTHOUSE

- Sit as far away from the abuser as you can; you don't have to look at or talk to the abuser; you don't have to talk to the abuser's family or friends if they are there
- Bring a friend or relative with you to wait until your case is heard
- Tell a bailiff or sheriff that you are afraid of the abuser and ask him/her to look out for you
- Make sure you have your court order before you leave
- Ask the judge or the sheriff to keep the abuser there for a while when court is over; leave quickly
- If you think the abuser is following you when you leave, call the police immediately
- If you have to travel to another State for work or to get away from the abuser, take your protection order with you; it is valid everywhere

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Developed by the
American Bar Association
Commission on Domestic Violence and
Tort & Insurance Practice Section

Printed courtesy of
Mary Kay Inc. and The Mary Kay Foundation

My Personal Safety Plan & Safety Considerations for my kids

The following steps are my plan for increasing my safety and preparing to protect myself in case of further violence. Although I can't control my abuser's violence; I do have a choice of how I respond and how I get to safety. I will decide for myself if and when I will tell others that I have been abused, or that I am still at risk. Friends, family, and co-workers and neighbors can help protect me, if they know what is happening and what they can do to help.

To increase my safety I can do all or some of the following:

1. When I have to talk to my abuser I can: _____
 2. Identify some red flags you may have noticed before your partner has become violent: _____
 3. I will make up a "code word" for my family, co-workers, friends, neighbors so they know when to call help for me. My code word is: _____
 4. When I feel a fight coming on, I will try to move to a place that is low risk for getting hurt such as: _____ at work it is _____ at home _____ or in public: _____
 5. The person(s) I can tell about my situation is: _____
 6. I can use an answering machine or _____ to screen my calls and visitors. I have the right not to receive harassing phone calls from anybody. I can ask: _____ or _____ to screen my calls at home or work.
 7. I can keep change for phone calls, phone card, or cell phone with me at all times. I can call any of the following for assistance when needed _____ and ask them to call the police if they see my abuser abusing me.
 8. If I need to get out of my home quickly, I will escape by: _____
 9. A safe place I can go when I leave is: _____
 10. When walking, driving or riding home, if problems occur I can: _____
 11. Important numbers I need to know are: Police: _____ or 911 Crisis hot lines: Cope crisis line: _____ Counseling Center: _____ Domestic Violence Shelter: _____ Clergy Person: _____ Support person _____
 12. When I pack my safety bag I will pack it with: _____
- I will keep my safety bag in or at a safe location: _____
13. Are you a danger to yourself or are you or your children/loved ones in danger of harm from anyone please explain?: _____
 14. I can consider obtaining an order of protection and contact COPE for help: _____

Client's signature and date

COPE Staff signature and date

Safety Plan reviewed at termination: (date) _____ Client initials _____ Cope Staff Initials _____

(MODIFICATIONS CAN BE HAND WRITTEN ON BACK OF THIS FORM AS NEEDED)

Modifications to safety plan

Safety Plan reviewed or modified date: _____ by whom: Client initials _____ Cope Staff Initials _____

Safety Plan reviewed or modified date: _____ by whom: Client initials _____ Cope Staff Initials _____

Safety Considerations for my kids

Names: Age: Location: Relationship Bio/Step:

Safety Procedures at home include: _____

Safety Procedures at School: _____

Safety during visitations or exchanges of _____

Safety in public: _____

Safety with relatives/friends/neighbors _____

Do you have in your possession birth certificates, passports, social security numbers, prescriptions for medications, and/or an order of protection?