

SAFETY TIPS

No one deserves to be abused! If at any time you feel threatened or are being abused, dial 9-1-1 immediately! These tips have been designed to help you with your situation.

Tip 1: Preparing for a violent incident

- When with the abuser, try to keep away from rooms containing dangerous objects, such as the kitchen or bathroom.
- Identify rooms with an exit. Know which doors, windows, elevators or stairwells to use.
- Keep a packed bag with a friend, a relative or a neighbor. Be sure to include copies of important documents.
- Tell one or more neighbors about the violence and ask them to call the police if they notice/hear a disturbance.
- Create a code word to use with your children, family, friends and neighbors when you need the police.
- Have a plan! Know where you will go if you decide to leave your home.

Tip 2: Preparing to leave

- Get your own post office box.
- Open a checking/savings account in your name.
- Leave money, an extra set of keys, copies of important documents, extra clothes and/or medicine in a safe place or with someone you trust.
- Identify a friend or relative willing to provide a safe place for you and your children to stay or who can lend you money.
- Always keep with you important numbers and some change or a calling card for emergency phone calls.
- If you have pets, make arrangements for them to be cared for in a safe place.

Tip 3: Safety with a Protective Order

- Always keep a copy of your protective order with you, including in your car, at work, at home and with close relatives.
- Inform family members, friends, and neighbors that you have a protective order in effect.
- Call the police if your abuser violates the protective order.
- Always have a backup plan you can use while waiting on the police to respond.
- Always ask for police report numbers after calling the police.

Tip 4: Safety in your day to day life

- Keep all windows and doors locked.
- Develop a safety plan with your children.
- Inform your child(ren)'s school, day care, or anyone who cares for your children what individuals have permission to pick up your children.
- Inform neighbors if your abuser no longer lives with you and ask them to call the police should they see the abuser.
- Request to have your telephone number unlisted/unpublished.
- Never call the abuser from your home or tell him where you live.

Tip 5: Safety on the job and in public

- Have someone with you at all times.
- Use a variety of routes to and from home each day.
- At work, inform management, a co-worker and security of your situation and if possible provide them with a picture of your abuser.
- If possible, make arrangements to have calls screened.

CHECKLIST

Be sure to have the following items when you leave:

Identification

- ☐ Driver's License
- ☐ Birth Certificate
- ☐ Child(ren)'s Birth Certificate(s)/Photos
- ☐ Social Security Cards
- ☐ Military ID Cards

Financial

- ☐ Social Security Cards
- ☐ Money and/or Credit Cards (in your name)
- ☐ Checking and/or Savings Account Books
- ☐ Other identifying Financial Information
- ☐ Safe Deposit Box Key

Legal Papers

- ☐ Protective Order
- ☐ Divorce/Custody Papers
- ☐ Marriage License
- ☐ Lease/Rental Agreement
- ☐ House Deed
- ☐ Car Registration and Insurance Papers
- ☐ Health and Life Insurance Papers
- ☐ Medical Records for you and your Children
- ☐ School Records
- ☐ Work permits/Green Card/Visa Passport

Other

- ☐ Medications
- ☐ House and Car keys
- ☐ Valuable Jewelry
- ☐ Address Book
- ☐ Change of clothes for you and your Children