

## SAFETY PLANNING

### PLAN FOR WHAT TO DO DURING AN EXPLOSIVE INCIDENT

- Go to an area that has an exit.
- Stay away from kitchens or other potential sources of weapons.
- Practice or visualize how to get out of the home safely; identify doors and windows as potential escape routes.
- Devise a code word or signal to use with others to alert them that you need the police.
- If possible, tell a neighbor about the violence and ask them to notify the police if they become aware of an altercation between you and the abuser.
- If possible, have a packed bag ready. Keep the bag hidden in your home or with a family member or friend.
- Plan where you will go if you need to leave your home. If possible make arrangements with family members or friends and make ahead of time.
- Stay in a room with a phone.
- Trust your judgment; you know what is safest for you. Consider giving the abuser what he wants to calm him down.

### SAFETY WHEN YOU ARE PREPARING TO LEAVE

- Call a domestic violence program find out what shelters and other resources are available.
- Leave money, extra keys, copies of important documents, extra medicines and clothing with a friend or family member you can trust.
- Open a separate savings or checking account in order to establish credit and increase financial independence. (Be careful where the statements are mailed to.)
- Identify people who can lend you money.
- Trade cars with a friend or relative.
- Remember that motor vehicles records, including addresses may be available to the public. Most Motor Vehicles Departments will keep information confidential upon request.
- Obtain an unlisted phone number or cell phone. Ask about call blocking to keep your number from appearing on caller ID, or use the \*67 block code when making telephone calls.
- Alter your routines and or change routes to work or school.

### SAFETY IN YOUR OWN HOME

- Change the locks on your doors and purchase additional safety devices if you think they will increase your safety.
- Enroll in a self defense course.
- Discuss a safety plan with your children for times when you are not with them.
- Inform your child(ren)'s school or day care about who has permission to pick your child(ren) up. If you have a restraining order, make a copy and give it to them.
- Inform your neighbors and family that you are separated from your partner and that they should contact the police if they see him near your home.

### SAFETY WHEN YOU HAVE A RESTRAINING ORDER

- Keep a copy of the order with you at all times. Make a copy and give it to someone you can trust.
- Call the police immediately if your partner violates the restraining order.
- Remember your escape route and use it if the police are not able to get there immediately.
- Inform your neighbors, physician, friends and family that you have a restraining order.
- Give your neighbors a picture of your partner and ask them to call the police if they see your partner near at your home.
- File criminal charges if the batterer violates the order.
- Use an answering machine or call trace to document violation of the restraining order.
- Seek medical treatment if injured by the batterer. Photograph all injuries.
- Record all contact with the batterer in a diary.

### SAFETY IN PUBLIC AND AT WORK

- If possible, give co-workers and security guards a picture of your batterer and explain the circumstances.
- If you have a restraining order, inform security and your supervisor that you have a restraining order. Make a copy to keep at work.
- Make arrangements to screen your work calls.
- Travel to and from work with someone else. (Victims are often harassed on their way to and from work.)