

## SAFETY AND EMOTIONAL HEALTH

### **Think positive.**

You don't deserve to be hit or threatened. Have positive thoughts about yourself and be assertive with others about your needs.

### **Read.**

Educate yourself on domestic violence.

### **Get support.**

Attend a support group to gain support from others and to learn more about yourself and the relationship with your abuser.

## SAFETY AND YOUR CHILDREN

### **Tell schools and childcare.**

Let them know who has permission to pick up the children. Discuss with them other special provisions to protect you and your children. Provide a picture of the abuser and vehicle description if possible.

### **Exchange children in a safe place.**

Find a safe place to exchange the children for visitation (*police station*).

## SAFETY ON THE JOB

### **Tell somebody.**

Decide whom at work you will inform of your situation. This may include office security if available. Provide a picture of the abuser and vehicle description if possible. Have someone escort you to your vehicle or other transportation.

### **Screen your calls.**

Arrange to have someone screen and log your telephone calls if possible.

## In an Emergency, Call 911

### **For support and more information about safety planning contact:**

National Domestic Violence Hotline  
1-800-799-SAFE (7233)  
1-800-787-3224 (TTY) for the deaf

YWCA 24-hour  
Domestic Violence Hotline  
253-383-2593  
253-274-5661 (TTY) for the deaf

---

**There's NO EXCUSE for  
Domestic Violence!**

---

## Safety Plan for Victims of Domestic Violence

---



---

Safety planning helps develop tools in advance of potentially dangerous situations. Choose the safety suggestions listed here that best suit your needs and circumstances.

## **SAFETY DURING AN EXPLOSIVE INCIDENT**

### **Go to an area that has an exit.**

Avoid bathrooms, closets, and places near weapons (kitchens, garages).

### **Stay in a room with a phone.**

Call 911, a friend or a neighbor. Make sure to tell them your location/address.

### **Know your escape route.**

Practice how to get out of your home safely. Visualize your escape route.

### **Have a packed bag ready.**

Keep it hidden in a handy place in order to leave quickly, or leave the bag elsewhere if your abuser searches your home. Your bag should include such things as extra clothes, important papers, money, extra keys, and prescription medications.

### **Devise a code word or signal.**

Tell your children, friends or neighbors so you can communicate to them that you need the police.

### **Know where you're going.**

Plan where you will go if you have to leave home (*parents, friends, neighbors*).

### **Trust your judgment.**

**Consider whatever will keep you safe and give you time to figure out what to do next. Sometimes it's best to please the abuser – anything that works.**

---

## **SAFETY WHEN PREPARING TO LEAVE**

### ***LEAVING CAN BE THE MOST DANGEROUS TIME!***

#### **Have a safe place to stay.**

Make sure it is a place that can protect you and your children.

#### **Call the Domestic Violence Hotline.**

1-800-799-SAFE

Find out which services and shelters are available as options if you need them.

Keep their addresses and phone numbers close at hand at all times.

#### **Find someone you trust.**

Leave money, extra keys, copies of important documents and clothing with them in advance, so you can leave quickly, if necessary.

#### **Open a savings account.**

Put it in your name only, to increase your independence. Consider direct deposit from your paycheck or benefit check.

#### **Obtain a cell phone.**

Free 911 cell phones are available at the YWCA 253-272-4181. Keep it charged and close by at all times in case of an emergency.

#### **Consider a protection order.**

You can obtain a protection order from the Pierce County Clerk's Office. Call (253) 798-7455 for more information.

#### **Review your safety plan.**

**Study and check your plans as often as possible in order to know the safest way to leave your abuser.**

---

## **IF YOU NEED TO LEAVE, TAKE WITH YOU . . .**

- Marriage and drivers licenses
- Birth certificate(s)
- Money, checkbooks, and credit cards
- Social Security card and passport
- Green card and work permit
- Divorce and custody papers
- Lease, rental agreement, and deed
- School and health/medical records
- Keys - house, car, office, friend's
- Medications, glasses, and hearing aids
- Address book, pictures, and toys

## **SAFETY IN YOUR OWN HOME (If your abuser does not live with you)**

### **Upgrade your home security.**

Change the locks on doors and windows as soon as possible. Consider a security service, window bars, better lighting, smoke detectors, and fire extinguishers.

### **Safety plan with your children.**

Teach your children to call the police or someone they can trust. Have a secret code word with your children to communicate trouble.

### **Change your phone number.**

Screen your calls if you have an answering machine or caller ID. Save and report all messages with threats or that violate any court order. Get an unpublished number.

### **Talk to neighbors and landlord.**

Inform them that your abuser no longer lives with you and that they should call the police if they see the abuser near your home.