

What you need to take when you leave.

- ✓ Address Book
- ✓ Checkbook / ATM card
- ✓ Money, Credit Cards
- ✓ Birth Certificate for you and your children
- ✓ Marriage Certificate
- ✓ Social Security Cards for you and your children
- ✓ Divorce papers
- ✓ Car Title & Registration
- ✓ Driver's License/ID
- ✓ Passport
- ✓ Tax Returns
- ✓ Green Card/INS Papers
- ✓ Welfare ID & Food Stamps
- ✓ Lease/Rental Agreement
- ✓ Mortgage Paperwork
- ✓ Insurance Policies
- ✓ TPO Paperwork
- ✓ School Records
- ✓ Medical Records
- ✓ Medications/Glasses
- ✓ Medical Insurance Card
- ✓ Pay Stubs

- ✓ Copies of all Bills
- ✓ Calling Card
- ✓ Small Items to Sell
- ✓ Clothes
- ✓ Family Pictures
- ✓ Children's Favorite Toys

RESOURCES

-  S.A.F.E.House — **HOTLINE**
702-564-3227
-  Rape Crisis Center — **HOTLINE**
702-366-1640
-  Nevada Teen Dating — **HOTLINE**
866-331-9474
-  Protection Orders - TPO
702-455-3400
-  Emergency Protection Orders
702-646-4981
-  Legal Aid
702-386-1070
-  Clark County Social Services
702-455-7208

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HENDERSON POLICE DEPARTMENT VICTIM SERVICES



Safety Plan Domestic Violence

WE CAN HELP!



Call for information or appointment



702-267-4727

DOMESTIC VIOLENCE SAFETY PLAN

1. SAFETY DURING AN EXPLOSIVE INCIDENT

- ◆ If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in the bathroom, kitchen or anywhere near weapons.
- ◆ Practice how to get out of your home safely. Identify which doors, windows, elevator and stairs would be best.
- ◆ Have a packed bag ready and keep it in a secret but accessible place in order to leave quickly.
- ◆ Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- ◆ Devise a code word or phrase to use with your children, family, friends, and neighbors when you need the police.
- ◆ Decide and plan where you will go if you have to leave home (even if you don't think you will need to).
- ◆ If the situation is very dangerous, use your own instincts and judgements to keep yourself safe. (You can apply for a protection order at Family Court TPO office during business hours).
- ◆ Always remember - **YOU HAVE THE RIGHT NOT TO BE ABUSED IN YOUR RELATIONSHIP - PHYSICALLY, EMOTIONALLY, OR SEXUALLY!**

2. SAFETY WHEN PREPARING TO LEAVE

- ◆ Determine where you could stay and who would lend you money.
- ◆ Always try to take your children with you or make arrangements to leave them with someone safe.
- ◆ Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust.
- ◆ Open a savings account in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.
- ◆ Keep the shelter numbers close at hand and keep change or a calling card with you at all times.

3. SAFETY IN YOUR HOME

- ◆ Inform neighbors and landlord that your partner no longer lives with you and ask that they call the police if they see your abuser near your home.
- ◆ Rehearse a safety plan with your children for when you are not with them.
- ◆ Inform your children's school or day care about who has permission to pick up your children. (Give them a copy of your protection order).
- ◆ Change/Add locks on your doors and windows as soon as possible. Add a peephole and increase outdoor lighting if possible.

4. SAFETY WITH A PROTECTION ORDER

- ◆ Keep your protection order with you at all times. Leave an extra copy at work, with a friend, in your car, etc.
- ◆ Call the police if your partner violates the protective order. Think of alternative ways to keep safe if the police do not respond right away.

5. SAFETY ON THE JOB AND IN PUBLIC

- ◆ Try to arrange to have someone screen your telephone calls.
- ◆ Devise a safety plan for when you leave work. Have someone escort you to your car, bus or train. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.

6. SAFETY & YOUR EMOTIONAL HEALTH

- ◆ If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- ◆ If you have to communicate with your partner, determine the safest way to do so.
- ◆ Have positive thoughts about yourself and be assertive with others about your needs.
- ◆ Plan to attend a support group to gain support from others and learn more about yourself and the relationship.
- ◆ Decide who you can call to give you the support that you need.

7. IF YOU ARE A TEEN IN A VIOLENT DATING RELATIONSHIP

- ◆ If things in your relationship don't feel right to you, talk about it with someone you trust.
- ◆ Decide which friend, teacher, relative or police officer you can go to in an emergency.
- ◆ Contact a domestic violence advocate or the police to learn how to obtain a protection order and make a safety plan.
- ◆ Remember - **YOU SHOULD NEVER HAVE TO FEEL AFRAID IN YOUR RELATIONSHIP.**

