

If you are being hurt by a partner it is not your fault. You deserve to be safe and treated with respect.

SAFETY PLAN

Step A: Safety during a violent incident. I can use some or all of the following strategies:

1. If I have/decide to leave my home, I will go _____.
2. I can tell _____ (neighbors) about the violence and request they call the police if they hear suspicious noises coming from my house.
3. I can teach my children how to use the telephone to contact the police. Yes No
4. I will use _____ as my code word so someone can call for help.
5. I can keep my purse/car keys ready at (place) _____, in order to leave quickly.
6. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger. Yes No

Step B: Safety when preparing to leave. I can use some or all of the following safety strategies:

1. I will keep copies of important documents, keys, clothes and money at _____.
2. I will open a savings account by (date) _____, to increase my independence.
3. Other things I can do to increase my independence include: _____.
4. I can keep change for my phone calls on me at all times. I understand that if I use my telephone, credit card, or cell phone, the telephone bill or phone log will show my partner the numbers that I called after I left.
 Yes No
5. I will check with _____ and my advocate to see who would be able to let me stay with them or lend me some money.
6. If I plan to leave, I won't tell my abuser in advance face-to-face, but I will leave a note or call from a safe place.
 Yes No

Step C: Safety in my own residence. Safety measures I can use include:

1. I can change the locks on my doors and windows as soon as possible. Yes No Maybe
2. I can replace wooden doors with steel/metal doors. Yes No Maybe
3. I can install additional locks, poles to wedge against doors, and window bars etc. Yes No Maybe
4. I can install motion lights outside. Yes No Maybe
5. I will teach my children how to make a collect call to me if my partner takes them. Yes No Maybe
6. I will tell people who care for my children my partner isn't permitted to pick them up. Yes No Maybe
7. I can inform _____ (neighbor) that my partner no longer resides with me and they should call the police if he is observed near my residence. Yes No Maybe

Some of these things can be paid for by Victim of Crime Dollars. www.ncjrs.gov/ovc_archives/factsheets/cvfca.htm or www.crimevictimcomp.idaho.gov

Step D: Safety with a protection order. The following are steps that help the enforcement of my protection order.

1. Always carry a certified copy with me and keep a photocopy. Yes No
2. I will give my protection order to police departments in the community where I work and live. Yes No
3. I can get my protection order to specify and describe all guns my partner may own and authorize a search for removal. Yes No

Next Step INSTRUCTIONS

Legal Considerations. . .

- Domestic Violence is a crime and you have the right to legal intervention. You should consider calling the police for assistance. You may also obtain a court order prohibiting your partner from contacting you in any way (including in person or by phone). Contact a local DV program or an attorney for more information.
- If you have injuries, ask a doctor or nurse to take photos of your injuries to become part of your medical record.

CALLING THE POLICE

When someone has injured you or violated a restraining order, criminal stay-away order or emergency protective order, do the following:

1. Call the police at 911, if it is an emergency. Tell them you are in danger and you need help immediately.
2. Let them know if you have a court order. If the police do not come quickly, call again and say "This is my second call." Note the time and date of your call(s).
3. When the police arrive, tell them only what your partner or ex-partner did. Describe your injuries, how you were injured or how he violated a restraining order, and if your partner or expartner used weapons. If he has violated a restraining order, show the police your order and any proof of service. Ask that the police file a report and give you a report number.
4. Tell the officers that the attacker will come back and beat you unless they make an arrest. If the police make an arrest and take the attacker into custody, you should be aware that he/she could be released within a few hours. You can use those hours to get to a safer place.
5. If you don't have a restraining order or an injunction for protection, ask the officer for an Emergency Protective Order. This is an order that may protect you until you obtain a criminal stayaway order or restraining order.
6. Always get the police officers' names and badge numbers. If you have trouble with a police officer, you can complain directly to the Chief of Police or to the officer's supervisor.
7. If the violator is arrested and taken to the police station, he/she may be charged and he/she will probably be released on bail or, in certain circumstances, without bail until the hearing. Ask that a condition of his release be that he should not come near you. This process may take from 2 to 48 hours.
8. If the violator is not arrested you should call the prosecutor or police department about how to follow-up with your complaint.
9. Keep a journal documenting what happened.

Safety Plan and Instructions: Futures Without Violence: Healthy Moms, Happy Babies Curriculum on DV, Reproductive Coercion and Children Exposed