

Safety Planning

Safety During An Explosive Incident

- Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- Practice how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
- Have a packed bag ready and keep it at a relative's or friend's home in order to leave quickly. Use the check list on this brochure to decide what is important for you to take with you.
- Identify one or more neighbors you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word or signal to use with your children, family, friends and neighbors when you need the police.
- If you believe an argument/incident is going to occur, try to move to a room or area where you have access to an exit. Stay away from any weapons, the bathroom, kitchen, bedroom or other rooms without an outside door or window.
- Use your own instincts and judgment. If the situation is very dangerous, do whatever is necessary to be safe. This may mean giving the abuser what he wants to calm him down.
- If necessary, call for help. Dial "0" or "911".

Always remember - **You Do Not Deserve To Be Hit, Threatened, or Live in Fear!**

Safety When Preparing To Leave

- Open a checking or savings account and/or credit card in your own name to start to establish or increase your independency. Think of other ways in which you can increase your independence.
- Leave money, an extra set of keys, copies of important documents, extra medicines and clothes with someone you trust so you can leave quickly, such as a neighbor or friend.
- Determine who would be able to let you stay with them or lend you some money.
- Keep the shelter or hotline number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- Review your safety plan as often as possible in order to plan the safest way to leave your batterer.

Remember - Leaving Your Batterer Is A Very Dangerous Time!

Safety At Home

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- Discuss a safety plan with your children for when you are and are not with them.
- Tell your children's school, day care, etc., who has your permission to pick up the children.
- Notify your neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him near your residence.

Safety With A Protection Order

- Keep your protection order on you at all times. Give a copy to a trusted neighbor, family member or clergy person. Keep a copy in the glove compartment of your car.
- Call the police if your batterer violates the protection order.
- Think of other ways to keep safe until law enforcement arrives.
- Inform family, friends, neighbors, or your physician that you have a protection order.
- Give a copy of your protection order to your children's school and daycare.

Safety In Public Or At Work

- Tell your co-worker(s), boss, and/or office or building security about your situation. Provide a picture of your batterer if possible.
- Arrange to have an answering machine, caller ID or co-worker screen your telephone calls if possible.
- Devise a safety plan for when you leave work. Have someone escort you to your car or bus, and wait with you until you are safely on your way. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.
- Go to different grocery stores, businesses, and banks if possible. If this is not possible, change the time and day which you go shopping to vary your routine.

**Checklist -
Important Things to Take
When You Leave**

Identification

- Driver's License
- Children's Birth Certificates
- Your Birth Certificate
- Social Security Cards
- Work Permits/VISA
- Passport

Financial

- Money and/or credit cards
- Bank books
- Checkbooks
- Public Assistance documentation
- Tax return from previous year
- Pay stubs for you
- Loan information

Other Important Papers

- Your Protection Order
- Lease, rental agreement or house deed
- Car registration and insurance papers
- Health and life insurance papers
- Medical records for you and children
- Vaccination records
- Divorce papers
- Custody papers

Other

- House and car keys
- Medications
- Address Book
- Phone Cards
- Pictures of you, your children and your abuser
- Change of clothes for you and your Children
- Children's toys
- _____

Important Numbers

The number for the closest domestic violence/sexual assault program is:

National domestic violence hotline:
1-800-799-SAFE (7233)

Police: 911 or _____

Sheriff: _____

Victim - Witness Unit: _____

Prosecuting Attorney: _____

Clerk or District Court: _____

Probation Department: _____

Apply for Legal Services: 1-800-952-9243

Private Attorney: _____

Other: _____

The ALSP Law Series is produced by the Center for Arkansas Legal Services, Legal Aid of Arkansas, Inc., and Arkansas Volunteer Lawyers for the Elderly. These agencies provide free legal services to eligible Arkansans. Additional information can be found at: <http://www.arlegalservices.org> or call 1-800-9LAW AID.

Disclaimer:
*This fact sheet is given to you as a guide to help you generally understand the way legal matters are handled. Local courts interpret things differently. The information and statements of law contained in this fact sheet are not intended to be used as legal advice. Before you take any action, talk to an attorney and follow that advice. **Always do what the court tells you to do.***

**Content provided by the Arkansas Coalition
Against Domestic Violence**

*A Collaboration of Center for Arkansas Legal Services,
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1-800-9 LAW AID or www.arlegalservices.org*



A Safety Plan for Living Free From Domestic Violence

If you feel abused, violated or threatened by your partner, there are several steps you can take to protect yourself and your children. If you are at risk, do not wait. Keep in mind that violence tends to get worse with time.

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