

Domestic Violence: Safety Checklist



I have made my home as safe as possible by:



- changing locks and adding dead bolts
- hiding sharp objects and weapons
- making telephones easy to get to



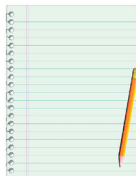
I have planned and practiced how my children and I can get away quickly by:

- deciding where we will go in an emergency
- showing the children what to do if the abuser breaks in, or comes to their school and/or day care
- teaching the children to call the police and safe relatives



In a notebook I write down dates and times when:

- the abuser talks to me or my children
- the abuser hurts or threatens me or my children
- the abuser tries to call me or my children. I will keep the answering machine tapes if the abuser's voice is on them. I will take pictures of the caller ID displays on my phone that show the abuser called.



I have packed an emergency bag and hidden it. My emergency bag includes:

- money and change for phone calls
- clothing for me and my children
- personal care products like diapers and medicine
- copies of court papers such as my order of protection, divorce papers and child custody papers
- important papers such as birth certificates, medical records, bank records, insurance, etc.
- extra car keys and house keys
- telephone numbers and addresses for shelters, counselors, safe friends and relatives
- my notebook about contacts by the abuser



I have hidden these things in a safe place:

- my emergency bag
- pictures of cuts, bruises or other ways my children and I have been hurt by the abuser
- pictures of anything of mine the abuser broke or damaged
- answering machine tapes of calls and threatening messages
- pictures of the caller ID display on my phone that show the abuser called me



I told these people about the abuser:

- my children
- their school and/or day care
- my neighbors
- people I work with
- my relatives
- my friends

I showed them pictures of the abuser and his car. They will call police if I say certain words. They will call police if they see the abuser or his car.



I will call the police if the abuser:

- contacts me
- follows me
- threatens me
- calls me
- has someone else follow me



I will:

- practice my escape plan with my children often
- pay attention to who is around me
- be prepared and alert when walking to and from my car and home
- stay calm no matter what happens
- find police stations and safe places so I know where to go if someone follows me
- keep plenty of gas in my car
- always put my keys and purse in the same place so I know right where they are if I have to leave quickly
- think about who will help me in a crisis
- protect myself and my children until we are out of danger. Then I will get help.

- When I feel down and ready to go back to the abuser I will call _____ for support.



For my children I will:

- tell their school/day care who is allowed to pick them up
- copy my custody papers and my order of protection. I will leave a copy with someone in charge at school and/or day care.
- practice our escape plan
- teach them to stay cool in a time of danger
- teach them how to call police
- keep my hiding places secret so they can't accidentally tell the abuser



I know that:

- The safety of myself and my children comes before anything else.
- The abuse is not my fault. I do **NOT** deserve to be abused.
- With the help of community agencies, friends and family, I can stop the abuse.

Get help or information from:



National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 TTY

They speak more than 140 languages.

State Wide Crisis Line

1-800-356-6767

See the next page to find the **Legal Aid/ Legal Services** office closest to you.

This brochure was written by West Tennessee Legal Services. It does not take the place of legal advice. Each case is different and needs individual attention.
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Tennessee Legal Aid/ Legal Services Offices

Legal Aid Society

of Middle Tennessee and the Cumberland

1-800-238-1443

**Offices in Clarksville, Columbia, Cookeville,
Gallatin, Murfreesboro, Nashville, Oak
Ridge, and Tullahoma**

West Tennessee Legal Services

Jackson Office 1-800-372-8346

Dyersburg Office (731) 285-8181

Huntingdon Office (731) 986-8975

Selmer Office (731) 645-7961

Memphis Area Legal Services

Memphis Office 1-888-207-6386

Covington Office (901) 476-1808

Legal Aid of East Tennessee

Knoxville Office (865) 637-0484

Johnson City Office 1-800-321-5561

Kingsport Office 1-800-821-1309

Chattanooga Office 1-800-572-7457

Cleveland Office 1-800-445-3219