

Crisis Phone Numbers

Emergency 911	TN Domestic Violence Help Line 1-800-356-6767
TN Coalition to End Domestic and Sexual Violence 1-800-289-9018	National Domestic Violence 24 Hour HOTLINE 1-800-799-SAFE (7233)
TN State Victim Notification Service (SAVIN) 1-888-868-4631	TDD/TTY 1-800-787-3224

Order of Protection Number _____

Police Report Number _____

Jail Tracking Number _____

SAVIN PIN Number _____

This project is funded under an agreement with the State of Tennessee.



Legal Aid Society
of Middle Tennessee & the Cumberland

Working Together. Doing Justice. Restoring Hope.

1-800-238-1443

On the internet at **www.las.org**

This pamphlet is not meant to take the place of legal advice. Each case is different and needs individual attention.

Staying Safe

Here's how to make your Order of Protection work for you

Keep your signed Order of Protection with you. Learn the case number on it by heart. This makes it easier to get another copy from the court if you lose it.



Do NOT wait for your abuser to hurt you. What if the abuser calls, writes or has someone follow you? Call your local police department right away.

What if your abuser comes around or follows you? Call the police at 911 right away. Write down the name of the person you talk to.

Take steps to stay safe while waiting for the police to come. You might need to lock yourself in a room or go to a neighbor's house.



When the police come, get the officer's name and badge number. Also write the police report number on the back of this brochure.

Show the police your Order of Protection or tell them your Order of Protection case number.

If the abuser has disobeyed the Order of Protection, the police can make an arrest on the spot.



Warning: The abuser may get out of jail

After the arrest, the abuser can make bond and get out of jail. This means you must plan how to stay safe until the hearing. To find out if your abuser has gotten out, use the State Victim Notification System (SAVIN). Their number is **1-888-868-4631**.

See page 4 to find out more about staying safe.

You must go to the criminal hearing

At the hearing, the Judge will decide if the abuser has disobeyed the Order of Protection. It is important for you to go to the hearing. To find out more about the hearing, call your local District Attorney's Office or Domestic Violence Shelter.



Contact others who may be able to help you

If your abuser is on probation, call the **parole or probation officer**. The officer needs to know if the abuser disobeys the Order of Protection.

If the abuser was ordered to go to a **treatment program**, call them. They need to know if he threatens or attacks you again.

Tell **family, friends, teachers and neighbors** that you have an Order of Protection.

Give a copy of the signed Order of Protection to your child's **baby sitter, day care, and school**.

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Plan how to keep up your courage

- Plan what you can do if you feel "down" and want to go back to that unsafe situation.
- Think about what you can tell yourself whenever you feel others are trying to control or abuse you.
- Think of who you can call for support.
- You can go to a support group to get encouragement and friendship.
- Contact a Domestic Violence shelter for counseling for you and your children,

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What to take when you leave

- Your Order of Protection
- Identification
- Birth certificates for self and children
- Social Security cards
- School records
- Money, checkbook, credit cards
- Keys
- Medicine, medical records and records of children's shots
- Clothes
- Food Stamp card
- Immigration papers if you are not a U.S. citizen
- Divorce papers
- Children's favorite toys and blankets
- Other things that you are attached to



If you plan to go out of state

Ask for the Legal Aid pamphlet on how to use your Order of Protection in another state.

3

Plan how to be safe at home after you separate

- Tell someone your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home.
- Change the locks on doors and windows.
- Replace wooden doors with steel or metal ones, if you can afford it.
- Buy rope ladders you can use to escape.
- If you can afford it, install security systems, including extra locks, window bars, etc.
- Tell the people who take care of your children who they should let pick up the children. They may need to see your signed Order of Protection.

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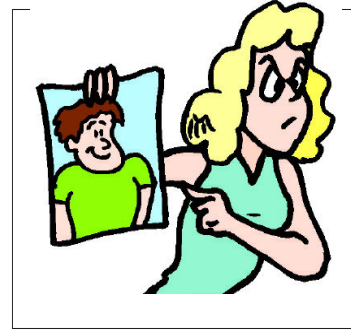
Plan how to be safe at work and in public

At work, you must decide if there is someone you should tell that you have been battered and may still be in danger.

- You could tell your boss, and/or the security supervisor.
- You could ask someone to answer your phone calls or let your voice mail or answering machine take your calls.

To be safe in public:

- Go to and from work with another person and/or change the way you go to work each day.
- Think about other things you can do to be safe when driving or riding the bus.
- Change the places where you shop and do business.



Give a picture of your abuser and his car to your **neighbors**. Also give it to **security guards** and **co-workers** at your job. Ask them to call the police if they see your abuser nearby.

Keep a copy of your Order of Protection at work. Give a copy of the order to your **boss** and to the **personnel department**.

Other Tips

Take pictures of your injuries and of damage to your home and property.

Keep a written record of all contacts with your doctor.

Are you not sure how to stay safe? Call the Tennessee Domestic Violence Help Line at **1-800-356-6767**.



Plan Ahead to Stay Safe

An order of protection by itself may not keep you safe if your abuser lives or has lived with you. You may need to take extra steps to stay safe.

Read these ideas for staying safe. Fold up the safety plan card and keep it with you all the time. You may want to fill in the blanks.

1

Plan how to stay safe next time

You cannot always keep violence from happening again. Here are some ways to keep yourself safer next time. **Even if you think there will not be a next time**, do these things.

- Stay out of the kitchen and bathroom during a fight.
- Practice getting out safely. Decide now what doors, windows, elevators, etc., you will use.
- Keep your purse and keys hidden where you can always get them quickly.
- Keep a bag packed in a hidden place that you can get to easily. In the bag, pack medicine, change of clothes and necessary items for your children.
- Tell someone about the violence and ask them to call the police if they hear suspicious noises coming from your home.
- Teach your children when to call **911** to report an emergency.
- Decide now where you will go if you have to leave your home. Pick more than one place. Pick at least one place where your abuser will not quickly think to look.
- If you do not have a cell phone, tell a domestic violence shelter. They can give you a phone that will call 911.



2

Stay safe while you get ready to separate from your abuser

Here are some ways to stay safe while you get ready to leave your abuser:

- Call the Tennessee Domestic Violence Help Line to talk to someone about staying safe. Their number is **1-800-356-6767**.
- Look at the list of what to take when you leave on page 7. Leave some money, clothes, copies of important papers and an extra set of keys with someone. This will let you leave quickly if you need to.
- Put your money in a bank account in your name only. This gives you more independence.
- Keep the phone number of your local domestic violence program with you. Need help to find your local program? Call the Tennessee Coalition to End Domestic and Sexual Violence at **1-800-289-9018**.
- Check with friends and family to see if they would let you stay with them or lend you some money.
- Practice your escape plan. You may want to practice it with your children.
- Check your safety plan card often to make sure it is still the safest way to leave.



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Legal Aid Society

of Middle Tennessee and the Cumberland

My Personal Safety Plan

Keep this card with you.
You may fill in the blanks.

I will keep my purse, keys and signed Order of Protection hidden where I can get them quickly:

I will ask this person to call the police if they hear sounds of violence coming from my home: _____

I will stay out of the kitchen and bathroom during a fight.

If you don't have a cell phone, get one from a shelter that will call 911. I will teach my children how to call **911**.

If I have to leave my home, I will go to _____
or _____

When I am ready to leave my abuser I will:

Keep an extra set of keys, some money, clothes, and my important papers with: _____

Important papers: Order of Protection, identification, birth certificates for self and children, Social Security cards, school and vaccination records, checkbooks, credit cards, medical records, Food Stamp card, green card, divorce papers.

Call the TN Domestic Violence Help Line to talk to someone about staying safe. **1-800-356-6767**

Call Legal Aid about staying safe while I build a new life apart from my abuser. **1-800-238-1443**.

See if these people would let me stay with them or lend me money: _____

Practice my escape plan, maybe with my kids.

Call a Domestic Violence Program if I need a place to stay. To find your local program, call **1-800-289-9018**

Put my money in a bank account in my name.

Check my safety plan to keep it up-to-date.

Other things to take when I leave:

Medicine, children's favorite toys and blankets, and things that I feel attached to.

Turn card over →

Ways to stay safe after I separate from my abuser:

Carry my Order of Protection with me everywhere. The number is: _____

Call the police if my abuser even tries to contact me.

Sign up to have TN Victim Notification Service (SAVIN) call me when my abuser is getting out of jail. **1-888-868-4631**

My PIN # is _____

At home:

Tell this person to call the police if they see my abuser near my home. _____

Buy rope ladders to escape on.

Let these people know who I will let pick up the children. They may need to see my signed Order of Protection.

Schools _____

Day care _____

Baby sitter _____

At work:

Tell these people that I have been battered and may still be in danger: my boss, the security supervisor and _____.

Ask this person to answer my phone calls: _____

Out in public:

Ride to work with another person or go a different way each day.

Change where I shop and do business.

Ways to stay safe by taking care of my feelings:

Do this if I feel down and ready to go back to an unsafe situation: _____

Tell myself this if I feel others are trying to control or abuse me: _____

Call these people for support: _____

Go to a support group for encouragement and friendship.