



# MAKING A SAFETY PLAN

## SAFETY DURING AN EXPLOSIVE INCIDENT

- **Go to an area that has an exit.** Not a bathroom, kitchen (knives), or near weapons.
- **Stay in a room with a phone.** Call 911, a friend or a neighbor, if possible. Warn them of weapons in the home.
- **Know your escape route.** Practice how to get out of your home safely. Visualize your escape route.
- **Have a packed bag ready.** Keep it hidden in a handy place in order to leave quickly, or leave the bag elsewhere if your abuser searches your home.
- **Devise a code word or signal.** Tell your children, grandchildren or neighbors so you can communicate to them that you need the police. My code word or signal is \_\_\_\_\_.
- **Know where you're going.** Plan where you will go if you have to leave home, even if you don't think you'll need to. If I leave I will go to \_\_\_\_\_ or \_\_\_\_\_.
- **Trust your judgment.** Consider anything that keeps you safe and gives you time to figure out what to do next.


Sometimes it is best to flee, sometimes to placate the abuser - anything that protects yourself and the children.

## SAFETY WHEN PREPARING TO LEAVE

- **Have a safe place to stay.** Make sure it is a place that can protect you and your children.
- **Call a domestic violence victim service program.** Call 1-800-289-9018 to find one near you. The nearest program to me is \_\_\_\_\_ and the number is \_\_\_\_\_.
- **Find someone you trust.** Leave money, extra keys, copies of important documents and clothing with them in advance, so you can leave quickly, if necessary. The person I trust is \_\_\_\_\_.
- **Put money in a bank account or save cash in a safe place.** Put it in your name only, to increase your independence.
- **Review your safety plan.** Study and check your plans as often as possible in order to know the safest way to leave your abuser

## IMPORTANT ITEMS TO TAKE WHEN LEAVING

- Keys – house, car, friend’s
- Order of protection
- Identification
- Passport, visa, green card
- Birth certificates (yours and family’s)
- Social security cards
- School and health records
- Medical Records
- Marriage certificate and/or divorce papers
- Photos of life together
- House lease or house deed
- Medications, glasses, hearing aids
- Personal items – toys, etc.



## MAKING A SAFETY PLAN

### SAFETY AFTER YOU LEAVE

- **Keep your order of protection with you.** Call the police if your abuser tries to contact you. My order of protection case number is \_\_\_\_\_.
- **Sign up to have TN Victim Notification Service (SAVIN) call you** when your abuser gets out of jail. 1-888-868-4631. My PIN # is \_\_\_\_\_.
- **Tell school and childcare.** Let them know who has permission to pick up the child/ren and give them your code word. Discuss with them other special provisions to protect you and your child/ren.

### SAFETY AND EMOTIONAL HEALTH

- **Think positive.** You don't deserve to be hit or threatened. Have positive thoughts about yourself and be assertive with others about your needs.
- **Read!** Ask your local domestic violence victim services program and public library for materials that deal with domestic violence.
- **Get support.** Call a domestic violence crisis help-line and attend a women's or victims support group for at least two weeks to gain support from others and learn more about yourself and the relationship with your abuser.
- **Do what is safe for you.** If you have to communicate with your abuser, arrange to do so in the way that makes you feel safe whether by phone, mail or in public.

### SAFETY AND IMMIGRATION STATUS

- **Leaving your abuser will not harm your immigration process.** You may qualify under a law called the Violence Against Women Act. Call Legal Aid Society (800-238-1443) to find out what your immigration options are.
- **Get passports** for yourself and your children.
- **Create an emergency contact sheet.** Include information for family members in the US and in home country.
- **Create a child care plan** in case you are detained by ICE. Decide who will care for your children. Give the caregiver a power of attorney (POA) for the care of a minor child. This POA allows the caregiver to make decisions for your children regarding medical care, school, and travel.
- **Know your rights when talking to ICE**
- **Do not answer any questions or sign anything.** You have the right to refuse. Say you want to speak with an attorney.



**If you have questions or would like more information, please call 1-800-238-1443 or visit [las.org](http://las.org). If you are in danger call 911.**

*The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office of Justice Programs, Office for Victims of Crime, or the State of Tennessee Office of Criminal Justice*