



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.



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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. If you are in danger call 911.

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