

## Keep your signed Order of Protection with you.

Learn the case number. This makes it easier to get another copy from the court if you lose it. You have the right to contact the police if your abuser is violating the Order of Protection. Call your local police department right away if your abuser shows up, calls, texts, writes or has someone call follow you on their behalf, or otherwise violates the Order of Protection.

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 public place, or a family, friend, or neighbor's house.

When the police come, get the officer's name and badge number. Also write down the police report number on the back of this brochure. The police officer should NOT ask you what happened while your abuser is in the room.

Show the police your Order of Protection or tell them your Order of Protection case number. If the abuser has been served with the Order of Protection but has disobeyed the Order of Protection, the police will 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 criminal hearing. To find out if your abuser has gotten out, use the State Victim Notification Service (SAVIN). Their number is 1-888-868-4631.

You have a right to attend 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, you can call your local District Attorney's Office or your advocate or attorney.

## 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 the parole or probation officer. 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. Keep a copy of your Order of Protection at work. Give a copy of the order to your boss and to the personnel department.

## Important Phone Numbers

Court Clerk

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Domestic Violence Program/Hot Line  
In the state where you got the order

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State Police

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Local Police

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Your Lawyer

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National Domestic Violence 24 hour HOT LINE  
1-800-799-SAFE (7233)  
1-800-787-3224 (TDD/TTY)  
Online at: [www.thehotline.org/about-us/contact/](http://www.thehotline.org/about-us/contact/)



Legal Aid Society  
of Middle Tennessee & the Cumberland

[las.org](http://las.org)

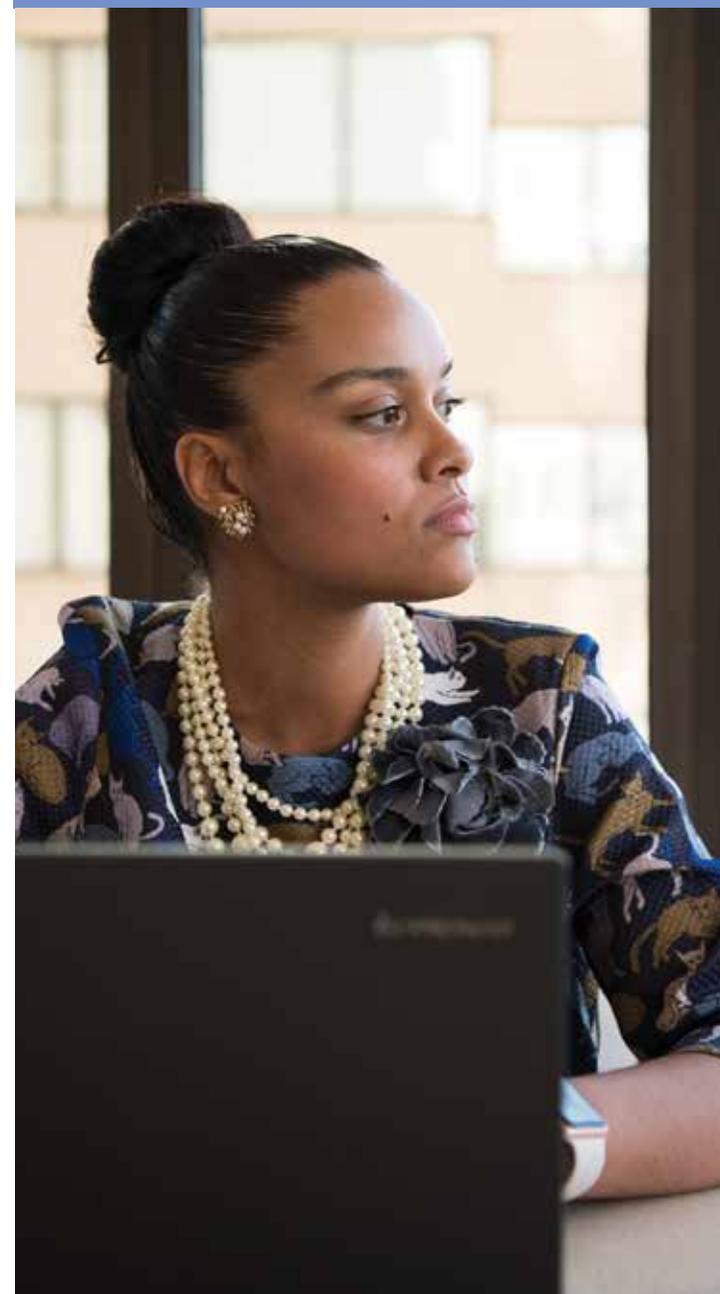
1-800-238-1443

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**Staying Safe with an  
Order of Protection**  
How to make your Order of  
Protection work for you

# 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 phone, purse and keys hidden where you can always get them quickly.
- Keep a bag packed in a discreet location that you can get to easily. In the bag, pack medicine, change of clothes, important papers, and necessary items for your children.
- Tell someone about the violence and ask them to call the police if they hear suspicious noises from your home.
- Teach your children when to call 911.
- 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, contact a domestic violence shelter for a phone that you can call 911 with.

# 2 STAY SAFE WHILE YOU GET READY TO SEPARATE FROM YOUR ABUSER

- Call the Tennessee Domestic Violence Helpline (1-800-356-6767) to talk to someone about staying safe.
- Leave some money, clothes, copies of important papers and an extra set of keys with someone.
- 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. To find your local program, you can contact the Tennessee Coalition to End Domestic & 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. Practice it with your children.
- Check your safety plan card often to make sure it is still the safest way to leave.

# 3 PLAN TO BE SAFE AT HOME AFTER SEPARATION

Call the police if they see your abuser near your home.

- Change the locks on doors and windows.
- Replace wooden doors with 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, security cameras, 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.

# 4 PLAN HOW TO BE SAFE AT WORK AND IN PUBLIC

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

- You can tell your boss, or the security supervisor.
- You can 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.

# 5 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.
- Contact a Domestic Violence shelter for counseling for you and your children.

# 6 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
- Clothes
- Medicine and medical records
- 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.

