



## 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.
- **Make telephones easy to get to.** Call 911, a friend or a neighbor, if possible. Warn them of weapons in the home. Teach your children how to call the police and safe relatives. A 911 call will go through even when there is no signal on your phone.
- **Know your escape route.** Visualize your escape route. Teach your children and practice how to get out of your home safely. Always put your keys and purse in the same place so you know where they are if you have to leave quickly.
- **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, relatives, friends, coworkers 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.
- **Stay as calm as possible.** Teach your child/dren to stay cool in a time of danger.

**Sometimes it is best to flee. Sometimes it is safer to stay. Do what keeps you and the children safe.**

### SAFETY WHEN PREPARING TO LEAVE

- **Have a safe place to stay.** Make sure it is a place that can protect you and your children. Show your children what to do during an explosive incident or if the abuser breaks in. Know where police stations are located in case someone follows you.
- **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, or immigration papers
- Birth certificates (yours and family's)
- Social security cards
- School and health records
- Medical records, insurance card or information
- Marriage certificate and/or divorce papers
- Photos of life together
- House lease or house deed
- Medications, glasses, hearing aids
- Personal items – money, clothing, diapers, etc.



## MAKING A SAFETY PLAN

- **Keep a record of your abuse.** Make sure these records are safely stored so that your abuser will not have access to them or email this information to yourself or someone you trust.
  - Pictures of cuts, bruises or other ways you and your child/ren have been hurt by the abuser
  - Pictures of anything of yours that the abuser has broken or damaged
  - Voicemails and threatening messages
  - Dates and times of phone calls and threats made by the abuser

### SAFETY AFTER YOU LEAVE

- **Keep your order of protection with you.** Call the police if your abuser tries to contact you, call you, threaten you, follow you, or have someone else follow 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. Leave a copy of your custody papers and/or order of protection with someone in charge at the school/childcare center.
- **Pay attention to who is around you.** Be prepared and alert when walking to and from your car and home. Make sure to have your location turned off on any devices.

### 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.
- **Learn more.** 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 helpline 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

- **You may not have to stay with your abuser to complete the immigration process.** You may qualify under a law called the Violence Against Women Act.
- **If safe to do so, get passports** for you 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** or other law enforcement.
- **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.**