

Safety During An Explosive Incident

- Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- Practice how to get out of your home safely.
- Identify which doors, windows, elevator or stairwell would be best.
- Have a packed bag ready and keep it at a relative's or friend's home in order to leave quickly. Use the check list on this brochure to decide what is important for you to take with you.
- Identify one or more neighbors you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word or signal to use with your children, family, friends and neighbors when you need the police.
- If you believe an argument/incident is going to occur, try to move to a room or area where you have access to an exit. Stay away from any weapons, the bathroom, kitchen, bedroom or other rooms without an outside door or window.
- Use your own instincts and judgment. If the situation is very dangerous, do whatever is necessary to be safe. This may mean giving the abuser what he wants to calm him down.
- If necessary, call for help. Dial "0" or "911".

Always remember - You Do Not Deserve To Be Hit, Threatened, or Live in Fear!

Safety When Preparing To Leave

- Open a checking or savings account and/or credit card in your own name to start to establish or increase your independency.
- Think of other ways in which you can increase your independence.
- Leave money, an extra set of keys, copies of important documents, extra medicines and clothes with someone you trust so you can leave quickly, such as a neighbor or friend.
- Determine who would be able to let you stay with them or lend you some money.
- Keep the shelter or hotline number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- Review your safety plan as often as possible in order to plan the safest way to leave your batterer.

Remember - Leaving Your Batterer Is A Very Dangerous Time!

Safety At Home

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- Discuss a safety plan with your children for when you are and are not with them.
- Tell your children's school, day care, etc., who has your permission to pick up the children.
- Notify your neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him near your residence.

Safety With A Protection Order

- Keep your protection order on you at all times. Give a copy to a trusted neighbor, family member or clergy person. Keep a copy in the glove compartment of your car.
- Call the police if your batterer violates the protection order.
- Think of other ways to keep safe until law enforcement arrives.
- Inform family, friends, neighbors, or your physician that you have a protection order.
- Give a copy of your protection order to your children's school and daycare.

Safety In Public Or At Work

- Tell your co-worker(s), boss, and/or office or building security about your situation.
- Provide a picture of your batterer if possible.
- Arrange to have an answering machine, caller ID or co-worker screen your telephone calls if possible.
- Devise a safety plan for when you leave work. Have someone escort you to your car or bus, and wait with you until you are safely on your way. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.
- Go to different grocery stores, businesses, and banks if possible. If this is not possible, change the time and day which you go shopping to vary your routine.

