

# Safety Plan

## ➤ *What are some options you may consider?*

- ✓ Call the police in an emergency.
- ✓ File a police report about the violence.
- ✓ Call the domestic violence hotline to talk, get information or ideas, find a shelter, or make a safety or escape plan.
- ✓ Have the abuser ordered by the court to stay away from you by getting an Injunction for Protection.
- ✓ See a doctor for injuries (and consider having him/her write down the cause of the injuries).
- ✓ Talk to a friend, family member, neighbor, or someone else for support and ask for help.

## ➤ *Safety Plan : Dating Violence*

If you are living with or dating someone who is violent  
*Because the danger can occur at any time, consider the following:*

- Practice an escape plan for emergencies.
- Go over it with a counselor or advocate.
- Teach children emergency and escape action and phone use.
- Keep payphone change in a safe place for self/children.
- Use portable or cellular phones, if possible.
- Use noise-makers (whistle, personal alarm, etc.) to get help.
- Ask neighbors to listen, watch, and call police about suspicious people or activities.
- Let someone know if you feel violence is about to happen.

*When violence does seem close, avoid the kitchen, bathroom, and rooms without any doors to the outside. Begin action on safety plan at any sign of trouble.*

If you plan to leave a violent relationship, what is needed? *It is always best to plan for emergencies before there is one.*

- Plan where you will go if you choose to or are forced to leave.
- Plan what you will take with you if you leave.
- Plan for children and pets.
- Plan for other responsibilities and needs.

## ➤ *Safety Tips*

- Remember: the danger may get worse during an escape or after leaving a violent relationship.
- Have a safety plan for as long as there is communication with/from the abuser and longer. Review it with a counselor often.
- If you move, put the rent, phone, and utilities into someone else's name if at all possible.
- Make sure all locks (doors and windows) and lights (indoor and outdoor) work properly.
- Install alarms on doors and windows. Install smoke alarms, metal doors, or other safety items.
- Get an unlisted phone number. (Change old number if necessary.)
- Get an Injunction for Protection.
- Keep copies of injunction orders at home, work, and in purse.
- Have another person deliver and pick up children if a judge orders visitation.
- Use a post office box instead of a street address. Check it during busy hours.
- Report suspicious activity to police, file violations of the injunction as necessary.

- Keep copy of divorce, custody orders, etc. at school.
- Make special arrangements to pick up children from school.
- Ask school to call about any unusual contact by the abuser.
- Make the same arrangements with childcare/babysitters as listed above.  
Have mail sent to the domestic violence center to be forwarded to you or to another safe place.
- Do not file change of address card with post office. (It is not private.)

➤ ***Safety Planning at Work***

*It is important for survivors of domestic violence to be alert and prepared for possible contacts by the abuser during a work day. A safety plan for work may help you if the abuser calls or shows up. Which of these can you use?*

- Tell a co worker about the situation
- Furnish security or receptionist with photograph of the abuser.
- Ask the person(s) to call police in an emergency.
- Have a backup person if the first one is not at work or not nearby.
- Ask someone to screen your calls.
- Ask someone to watch out for you.
- Plan your entry and exit each day.
- Keep a copy of your injunction at work.
- Let others know about the injunction.
- Request office or desk to be placed in a safe location.
- Request help from employee assistance program.
- Plan an escape route.
- Have a signal for help (whistle, alarm, etc.)
- Drive a different way to and from work each day.
- Find a safe room to use in an emergency.
- Be sure it locks and has a telephone or a window or second door.
- Locate a parking space close to the door and in a well-lit place.
- If possible, get dropped off and picked up trade cars with someone, or car pool.

➤ ***Where Can You Call for Support?***

- Domestic Violence Center Hotline: 1-800-500-1119
- Victim Response, In c./The Lodge (305) 693-1170
- North Dade Victim Center (305) 758-2546
- South Dade Victim Center (305) 247-4249
- Rape Treatment Center (305) 585-5185
- Switchboard of Miami (305) 358-4357
- Women's Shelter of Hope (305) 888-5001
- MUJER (305) 247-1388