

Safety Planning

Whether or not you feel able to leave an abuser; there are things you can do to make yourself and your family safer.

If you are in immediate danger please contact 911.

Domestic Violence Safety Tips for You and Your Family (English)

<http://www.abanet.org/tips/publicservice/DVENG.pdf>

Domestic Violence Safety Tips for You and Your Family (Spanish)

<http://www.abanet.org/tips/publicservice/dvspan.pdf>

4 Safe Messages for Children Who Witness Violence

1. Stay out of the fight.
2. Avoid getting trapped.
3. Find a phone.
4. Escape to a “safe place”.

Bedford Domestic Violence Services

6 Step Safety Plan

Step 1: When scary things start to happen

- a. I can call the police, or sheriffs department or (911)_____.
- b. I can leave and go to _____.
- c. I must stay out of the kitchen, bathroom, basement, or garage.
- d. I will always make sure I have a way out.
- e. If I am scared I will do something to feel safe.

Step 2: Things I will need

- a. Papers such as: Birth Certificate(s) Social Security Card(s) Marriage License
- b. Money
- c. Case Manager or Social Worker's Name and Phone Number _____.
- d. Clothes _____.
- e. Glasses, hearing aids, dentures, medical equipment and medicine
Doctor's Name and Phone Number _____.
- f. Other things I will need or want _____.
- g. The "Bedford Domestic Violence Services" 24 hour hotline number is (540)587-0970.
- h. I will keep my cell phone charged and with me at all times. If I do not have a cell phone I will ask Bedford Domestic Violence Services about giving me an emergency cell phone and keep it charged and with me at all times.
- i. I will keep 35 cents (a quarter and a dime) for phone calls or a prepaid phone card with me at ALL times.
- j. I can leave extra clothes at _____.
- k. I will review my safety plan every _____ (time frame) I will review the plan with _____ (a friend, counselor, or advocate).

Step 3: Feeling safe at home

- a. I can change the locks on my doors and windows as soon as possible.
- b. I can keep doors and windows locked.
- c. I can purchase rope ladders to be used for escape routes from the second floor.
- d. I can install smoke detectors and buy fire extinguishers for each floor of my home.
- e. I can leave outside lights on.

Step 4: No contact order

- a. I will keep the "No Contact Order" with me all the time.
- b. I will give a copy of the "No Contact Order" to the friends I visit, family, where I live, and where I work.
- c. I will tell my church leader, my friends, my family, and case manager or social worker that I have a "No Contact Order".
- d. If my "No Contact Order" gets destroyed or lost, I know I can go to the County Courthouse and get another copy.
- e. If my partner tries to see, talk, or visit me, I will call the police/sheriff and report it. I will call my lawyer, "Bedford Domestic Violence Services", case manager, or social worker and/or tell the courts about the violation.
- f. If the police do not help, I will call "Bedford Domestic Violence Services" or my attorney AND I will file a complaint with the police, sheriff, or magistrate's office.
- g. I can file a private criminal complaint with the district judge in the jurisdiction that the violation took place or with the District Attorney. A domestic violence advocate will help me do this.
- h. If I have a "No Contact Order" I may not see, talk, or visit my abuser.

Step 5: Safety in the community

I can do the following:

- a. tell my providers about the situation.**
- b. ask that my phone calls be screened.**
- c. go out with another person at all times.**

Step 6: Good feelings

- a. I can call**_____.
- b. I can do**_____.
- c. Things that will make me feel better**_____.