

SAFETY DURING AN EXPLOSIVE ARGUMENT

- A. If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in a bathroom, kitchen or anywhere near weapons.
- B. Practice how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
- C. Have a packed bag ready and keep it in an undisclosed, but accessible place in order to leave quickly.
- D. Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- E. Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- F. Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- G. Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself until you are out of danger.

Always remember—YOU DON'T DESERVE TO BE HIT OR THREATENED!

SAFETY WHEN PREPARING TO LEAVE

- A. Open a savings account in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.
- B. Leave money, an extra set of keys, copies of important documents and extra clothes with someone you can trust so you can leave quickly.
- C. Determine who would be able to let you stay with them or lend you some money.

- D. Keep the shelter phone number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- E. Review your safety plan as often as possible in order to plan the safest way to leave your batterer. **REMEMBER—LEAVING YOUR BATTERER IS THE MOST DANGEROUS TIME.**

SAFETY IN YOUR HOME

- A. Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- B. Discuss a safety plan with your children for when you are not with them.
- C. Inform your child's school, day care, etc., about who has permission to pick up your child.
- D. Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him near your home.
- E. Never call the abuser from your home. If he has caller ID, he may be able to locate your residence.

SAFETY WITH A PROTECTIVE ORDER

- A. Keep your protective order on you at all times. (When you change your purse, that should be the first thing that goes in it).
- B. Call the police if your partner violates the protective order.
- C. Think of alternative ways to keep safe if the police do not respond right away.
- D. Inform family, friends and neighbors that you have a protective order in effect.

SAFETY ON THE JOB AND IN PUBLIC

- A. Decide who at work you will inform of your situation. This should include office security (provide a picture of your abuser if possible).
- B. Arrange to have someone screen your telephone calls if possible.
- C. Devise a safety plan for when you leave work. Have someone escort you to your car, bus, or train. Use a variety of routes to go home by, if possible. Think about what you would do if something happened while going home (i.e. in your car, on the bus, etc.)

YOUR SAFETY AND EMOTIONAL HEALTH

- A. If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- B. If you have to communicate with your partner, determine the safest way to do so.
- C. Have positive thoughts about yourself and be assertive with others about your needs.
- D. Decide who you can call to talk freely and openly with to give the support you need.
- E. Plan to attend a women's or victim's support group for at least two weeks to gain support from others and learn more about yourself and the relationship.

IF YOU ARE A TEEN IN A VIOLENT DATING RELATIONSHIP

- A. Decide which friend, teacher, relative or police officer you can tell.
- B. Make a safety plan.

CHECKLIST—WHAT YOU WILL NEED TO TAKE WHEN YOU LEAVE:

- ___ IDENTIFICATION
- ___ DRIVER'S LICENSE
- ___ YOUR BIRTH CERTIFICATE
- ___ CHILD'S BIRTH CERTIFICATE
- ___ MONEY
- ___ LEASE, RENTAL AGREEMENT
- ___ HOUSE DEED
- ___ BANK BOOKS
- ___ CHECKBOOKS
- ___ INSURANCE PAPERS
- ___ HOUSE AND CAR KEYS
- ___ MEDICATIONS
- ___ ADDRESS BOOK
- ___ PICTURES
- ___ MEDICAL RECORDS-All Family Members
- ___ SOCIAL SECURITY CARD
- ___ WELFARE IDENTIFICATION
- ___ SCHOOL RECORDS
- ___ WORK PERMITS
- ___ GREEN CARD
- ___ PASSPORT
- ___ JEWELRY
- ___ CHILD'S SMALL TOYS
- ___ DIAPERS/FORMULA
- ___ CHANGE OF CLOTHES

OTHER:

FOR MORE INFORMATION ABOUT YOUR LEGAL RIGHTS AND OPTIONS, CONTACT THE JOHNSON COUNTY ATTORNEY'S OFFICE OR ONE OF THE FOLLOWING NUMBERS:

BATTERED WOMEN'S SHELTERS:

Johnson County Family Crisis Center 817-641-2343
 Women's Center of Tarrant County 817-927-4039
 Women's Haven of Tarrant County 817-535-6462
 YMCA, Housing of Fort Worth 817-332-6191

POLICE:

Emergency 911
 Alvarado 817-790-3345
 Burleson 817-295-7146
 Cleburne 817-645-0972
 Crowley 817-297-2276
 Department of Public Safety 817-641-2205
 Godley 817-389-2500
 Grandview 817-866-3399
 Johnson County Sheriff's Office 817-556-6000
 Joshua 817-558-3194
 Keene 817-641-7831
 Mansfield 817-473-9381
 Rio Vista 817-373-2588
 Venus 972-366-3332

JOHNSON COUNTY ATTORNEY'S OFFICE:

Protective Order Division 817-556-6334

COUNSELING AND SUPPORT SERVICES:

Adult and Child Abuse Hotline 1-800-252-5400
 Rape Crisis Center 1-800-848-3206
 Child Protective Services 817-202-2200
 Adult Protective Services 817-202-2200
 Alcoholic Anonymous 817-645-9959
 Al-anon 817-363-0461
 Mental Health Association 817-335-5405
 Johnson County Mental Health and Mental Retardation 817-558-1121

LEGAL:

West Texas Legal Aid 1-800-955-3959
 Women's Legal Hotline 1-800-374-4673

JOHNSON COUNTY ATTORNEY'S OFFICE

BILL MOORE COUNTY ATTORNEY



DOMESTIC VIOLENCE SAFETY PLAN

EVERYONE HAS THE RIGHT TO BE SAFE!