

**Step 1: SAFETY DURING A VIOLENT INCIDENT**

I can use some or all of the following strategies:

- A. If I have/decided to leave my home, I will go \_\_\_\_\_
- B. I can tell \_\_\_\_\_ (neighbors/friends/family) about the violence and request they call the police if they hear suspicious noises coming from my house.
- C. I can teach my children how use the telephone to contact the police.
- D. I will use \_\_\_\_\_ as my code word so someone can call for help.
- E. I can keep my wallet/car keys ready at \_\_\_\_\_ (place) in order to leave quickly.
- F. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

**Step 2: SAFETY WHEN PREPARING TO LEAVE**

- A. I will keep copies of important documents (birth certificates, Medicaid Cards, EBT, Social Security Cards, etc...), keys, clothes and money at \_\_\_\_\_.
- B. I will open a savings account by \_\_\_\_\_, to increase my independence.
- C. Other things I can do to increase my independence include:  
\_\_\_\_\_.
- D. I can keep change for my phone calls on me at all times. I understand that if I use my telephone, credit card, or cell phone, the telephone bill or phone log will show my partner the numbers that I called after I left.
- E. I will check with \_\_\_\_\_ and my advocate to see who would be able to let me stay with them or lend me some money.
- F. If I plan to leave, I won't tell my abuser in advance face-to-face, but I will leave a note or call from a safe place.

**Step 3: SAFETY IN MY OWN RESIDENCE**

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steal/metal doors.
- C. I can install additional locks, window bars, poles to wedge against doors, and electronic systems etc.
- D. I can install motion sensor lights outside.
- E. I will teach my children how to make a collect call to me if my partner takes the children.
- F. I will tell people who take care of my children that my partner is not permitted to pick up my children.
- G. I can inform \_\_\_\_\_ (neighbor/friends/family) that my partner no longer resides with me and they should call the police if my partner is observed near my residence.

**Step 4: SAFETY WITH A PROTECTION ORDER**

- A. Always carry a certified copy with me and keep a photocopy.
- B. I will give my protection order to police departments in the community where I work and live.
- C. I can get my protection order to specify and describe all guns my partner may own and authorize a search for removal.

**LEGAL CONSIDERATIONS:**

- Domestic Violence is a crime and you have the right to legal intervention. Contact the police for assistance.
- You may also obtain a court order prohibiting your partner from contacting you in any way.
- Contact a local Domestic Violence program or an attorney for more information.
- If you have injuries, ask a doctor or a nurse to take photos of your injuries to become part of your medical record.