

MAKE A SAFETY PLAN

A safety plan can help keep you and your children safe. Ask a domestic violence counselor to help you with your plan.

During an attack

When an attack starts, try to escape. Leave your home and take your children, **no matter what time it is!**

- Go to a friend's house or to a domestic violence shelter. Call 800-799-SAFE(7233) to find a shelter near you.
- Defend and protect yourself. Later, take photos of any injuries.
- Call for help. Scream as loud and long as you can.
- Stay close to a door or window so you can get out if you need to.
- Stay away from the bathroom, kitchen, and weapons.

Be ready to leave

Leaving is the most dangerous time. Thinking about your safety plan before an attack will help you when the time comes.

- Practice your escape. Know which doors, windows, elevator, or stairs are best. Practice with your children if they are old enough.
- Have a safe place to go in an emergency. Memorize their phone number.
- Keep a cell phone or calling card with you always so you can call in an emergency.
- Ask a neighbor or co-worker to call the police if they hear or see abuse.
- Get rid of guns and weapons in your house.
- Teach your children how to dial 911 to get help in an emergency.
- Have a safety plan for your children when you can't be with them. Teach them this plan.
- Have a "code word" to use with your children, family, friends, and neighbors. Ask them to call the police when you say that word.
- Keep a bag ready with clothes and extra keys for your house and car. Hide it in a place you can get to quickly or leave it at a friend's house.
- Get your own post office box so you can safely get checks and mail.
- Open your own checking or savings account and try to get a credit card in your name.
- Put important things in a safe place where you can get them easily, such as your:
 - Medicines
 - Driver's license, ID, social security card
 - Cash, check book, credit cards
 - Legal papers, important phone numbers
- Make plans for any pets.
- Review your safety plan a lot and make changes if needed.

Be safe with technology

- Get a new email address.
- Change your passwords and PIN numbers often.
- Search your name online to see if your phone numbers or address are listed.
- If you have social media, "de-friend" the other person or make a new page.
- Use a computer that the other person doesn't know about like at a library or friend's house.
- Get a cell phone that the other person doesn't know about. Call the domestic violence shelter and ask if they can give you a donated cell phone: **800-799-SAFE(7233)**.
- Save emergency phone numbers with a made up name in your cell phone. For example, save the domestic violence shelter in your phone as "Angie."

Be safe when you live on your own

- Change the locks on your door as soon as you can.
- Put locks on all doors and windows.
- Ask your phone company for an unlisted number. (Sometimes this is free.) Don't call the other person from your phone. Screen all calls.
- If you move, don't tell the other person where you live.
- Give your children's schools and daycare a list of who is allowed to pick them up.
- Tell your neighbors and landlord that the other person no longer lives with you. Ask them to call the police if they see the other person near your home.
- Take care of yourself by asking for what you need and going to a support group.
- If you have to see the other person, meet in a public place and bring someone with you.
- If you are thinking of going back to the other person, talk to someone you trust first.
- Be safe at work by asking your co-workers to call the police if they see the other person at your job. Bring a picture of the other person to work.
- Take a different way home and to work. Go to different stores and places -- change your routine.
- If you drive, park where there is a lot of light.
- Have someone walk with you to your car or to the bus stop.

Be safe with a Protective Order

- Always keep your Protective Order with you and call the police if the other person violates it.
- Give copies of your Protective Order to your family, friends, neighbors, school, and daycare.
- If you need to get property from your home, you can request that a police officer go with you for safety.

Important things to take with you

Keep these papers in a safe place where the other person can't find them!

Identification --

- Driver's License or other government-issued ID
- Birth Certificate
- Social Security Card
- Children's Birth Certificate and Social Security Cards

Financial --

- Money and credit cards in your name
- Checking and savings account numbers

Legal Papers --

- Protective Order
- Lease or house papers
- Car registration and insurance
- Health and life insurance papers
- Medical records for you and your children
- School records
- Works permits/Green Cards/Visa
- Passport
- Divorce and custody papers
- Marriage license
- Mortgage and loan payment books and account numbers

Other --

- Medications
- House and car keys
- Valuable jewelry
- Address book
- Pictures
- Clothes for you and your children
- Diapers and formula
- Pets

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Important resources

Police and Emergencies: 911

National Domestic Violence (DV) Hotline

1-800-799-SAFE (7233)
1-800-787-3224 (TTY) for the Deaf
Online chat: www.thehotline.org

Texas Council on Family Violence

1-800-525-1978
To find a legal advocate near you, go to: www.tcfv.org

2-2-1 Texas

221 or 877-541-7905

Child and Elderly Abuse/Neglect

1-800-252-5400

Rape Abuse & Incest National Network

1-800-656-HOPE (4673)

Texas Family Violence—Legal Line

1-800-374-HOPE (4673)

National Dating Violence Helpline

866-331-9474
www.loveisrespect.org

Lawyer Referral Service

1-800-252-9690

Child Support Office

1-800-252-8014

Crime Victim's Compensation

1-800-983-9933