

**Step 7: Items to Take When Leaving.**

When leaving a violent partner, it is important to take certain items along with you. Beyond this, sometimes giving an extra copy of papers and an extra set of clothing to a friend just in case you have to leave quickly, can make leaving easier.

The items with asterisks (\*) on the following list are the most important to take. If there is time, the other items might be taken or stored outside the home.

These items should be kept in one location in order to grab them quickly.

- |   |   |
|---|---|
| <b>*Identification for Myself</b>       | <b>*Children's Birth Certificates</b>                     |
| <b>*My Birth Certificate</b>            | <b>*Social Security Cards</b>                             |
| <b>*School and Vaccination Records</b>  | <b>*Money</b>   |
| <b>*Checkbook, ATM Card</b>             | <b>*Credit Cards</b>                                      |
| <b>*Keys to House/Car/Office</b>        | <b>*Driver's License and Registration</b>                 |
| <b>*Medications</b>                     | Welfare Identification                                    |
| Work Permits                            | Green Card  |
| Passports                               | Divorce Papers  |
| Medical Records - For All Family        | Lease/Rental Agreement, House Deed, Mortgage Payment Book |
| Bank Book                               | Insurance Papers  |
| Small Saleable Objects                  | Address Book  |
| Pictures                                | Jewelry   |
| Children's Favorite Toy and/or Blankets | Items of Special Sentimental Value                        |

# PERSONALIZED SAFETY PLAN

*Helping Victims Help Themselves*



oneSAFEplace

Formerly Shasta Women's Refuge & Family Justice Center

*24 hour crisis hotline*

**530-244-0117**

Client Service Center  
1670 Market St. Suite 300  
(3rd floor)  
Redding, CA 96001

## Personalized Safety Plan

### Safety Plan

The following represents my plan for increasing my safety and preparing in advance for the possibility of further violence. Although I do not have control over my partner's violence, I do have a choice about how I respond to him/her and how to get my children and myself to safety.

**Step 1: Safety During a Violent Incident.**

I may not always be able to avoid violent incidents. In order to increase my safety I can use these strategies:

- If I decide to leave, I will \_\_\_\_\_. (Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes can you use?)
- I can keep my purse and car keys ready and put them \_\_\_\_\_ in order to leave quickly.
- I can tell \_\_\_\_\_ about the violence and request they call the police if they hear suspicious noises coming from my house.
- I can teach my children how to call the police and fire department.
- If I have to leave my home, I will go to \_\_\_\_\_. (Decide this even if you don't think there will be a next time.) If I cannot go to the location above then I can go \_\_\_\_\_ or \_\_\_\_\_.
- I can also teach some or all of these strategies to my children.
- When I expect we are going to have an argument, I will try to move to space that is lowest risk, such as \_\_\_\_\_. (Try to avoid arguments in the garage, kitchen, near weapons, or in rooms without access to an outside door.)
- I will use my own judgment and intuition. If the situation is 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.

Battered victims frequently leave the home they share with their battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that the victim is leaving the relationship.

**Step 2: Safety When Preparing to Leave.**

I can follow some of these strategies to help ensure my safety:

- I will leave money and an extra set of keys and clothes with \_\_\_\_\_ so I can leave quickly.
- I will keep copies of important documents at \_\_\_\_\_.
- I will open a savings account by \_\_\_\_\_ (date) to increase my independence.
- Other things I can do to increase my independence include: \_\_\_\_\_
- One SAFE Place number is 530-244-0117. I can seek shelter by calling this number.
- I can keep change for phone calls on me at all times. I understand that if I use my cell phone, my battering partner may view the numbers I call during the month on the next bill. To keep my telephone calls confidential I must either use coins or a phone that my battering partner does not have access to.
- I can leave extra clothes with \_\_\_\_\_.
- I will sit down and review my plan every \_\_\_\_\_ in order to plan the safest way to leave the residence. \_\_\_\_\_ (a domestic violence advocate or friend) has agreed to help me review this plan.
- I will rehearse my plan and, as appropriate, practice it with my children.

### Step 3: Safety in My Own Residence.

There are many things that a person can do to increase their safety in his/her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

- I can change the locks on my windows and doors as soon as possible.
- I can replace wood doors with steel/metal doors.
- I can install a security systems including additional locks, window bars, poles to wedge against doors and an electronic system. (I can ask my One SAFE Place advocate what my options are or for additional ideas about security.)
- I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I can inform about permission include:  
School \_\_\_\_\_  
Day Care \_\_\_\_\_  
Babysitter \_\_\_\_\_  
Sunday School \_\_\_\_\_  
Teacher \_\_\_\_\_  
Others \_\_\_\_\_
- I can inform \_\_\_\_\_ (neighbor) and \_\_\_\_\_ (friend) that my partner no longer lives with me and they should call the police if he/she is observed near my residence.

### Step 4: Safety With a Protection Order.

Many batterers obey protection orders, but one can never be sure which violent partner will obey and which will violate protection orders. I recognize that I may need to ask the police and the courts to enforce my protection order.

The following are steps I can take to help the enforcement of my protection orders:

- I will keep my protection order \_\_\_\_\_ (location). I will always keep my protection order near or with my person.
- I can call One SAFE Place at 530-244-0117 or Legal Services of Northern CA at 530-241-3565 if I am not sure or if I have questions about my protection order.
- I will inform my employer, minister, my closest friend \_\_\_\_\_ and \_\_\_\_\_ that I have a protection order in effect.
- If my partner destroys my protection order, I can get another copy from the courthouse by going to the office located at 1500 Court St. room 319.
- If my partner violates the protection order, I can call the police and report a violation, contact my attorney, call my advocate, and/or advise the court of the violation.
- If the police do not help, I can contact my advocate or attorney and will file a complaint with the chief of police department.

### Step 5: Safety on the Job and in Public.

A battered person must decide if and when he/she will tell others that their partner has battered them and that he/she may be at continued risk. Friends, family and coworkers can help to protect loved ones in these situations. I should consider carefully which people to invite to help me secure my safety.

I might do any or all of the following:

- I can inform my boss, the security supervisor and \_\_\_\_\_ at my work about my situation.
- I can ask \_\_\_\_\_ to screen my phone calls at work.
- When leaving work, I can \_\_\_\_\_.
- I can use different supermarkets, banks and other stores to conduct my business and shop at different hours than I used to when living with my battering partner.
- I can also have my mail go to a post office box so my batterer cannot get my new address.

#### Telephone Numbers I Need to Know:

Redding Police Dept	<u>530-225-4200</u>
Shasta County Sheriff's Office	<u>530-245-6025</u>
Anderson Police Dept	<u>530-365-6600</u>
One SAFE Place	<u>530-244-0117</u>
Restraining Orders—Civil Division of the Courthouse	<u>530-245-6789</u>
Legal Services of Northern CA	<u>530-241-3565</u>
Family Law Facilitator	<u>530-245-6900</u>
Shasta County Drug & Alcohol Program	<u>530-225-5240</u>

### Step 6: Safety and My Emotional Health.

The experience of being battered and verbally degraded by a partner is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

- If I feel down and ready to return to a potentially abusive situation, I can \_\_\_\_\_.
- When I have to communicate with my partner in person or by telephone, I can \_\_\_\_\_.
- I can try to use “I can...” statements with myself and to be assertive with others.
- I can tell myself, “\_\_\_\_\_” whenever I feel others are trying to control or abuse me.
- I can read \_\_\_\_\_ to help me feel stronger.
- I can call \_\_\_\_\_ and \_\_\_\_\_ as other resources of support for me.
- Other things I can do to help me feel stronger are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- I can attend workshops and support groups at the domestic violence program or \_\_\_\_\_ to gain support and strengthen my relationships with other people.