

YOUR SAFETY AND EMOTIONAL HEALTH

- >> Plan to attend a support group to learn more about yourself, your particular situation and your choices.
- >> Decide who you can safely talk to for the support you need.
- >> If you are considering reconciliation with your batterer, discuss your options with someone you trust.

WHAT TO TAKE WHEN YOU LEAVE

The following are things you will need when you leave the batterer. However, nothing is worth risking your or your children's safety. If you must, leave without gathering these items; most things are replaceable.

IDENTIFICATION

Driver's license, car registration and title, children's birth certificates, your birth and marriage certificates, social security card, welfare identification, tribal registration card.

FINANCIAL

Money, bank books, check book, ATM/debit cards, income tax records.

LEGAL PAPERS

Your protective order, lease/rental agreement, house deed, car registration and insurance papers, custody papers, divorce papers, health and life insurance papers, work permits, green card and immigration papers, passport.

OTHER

House and car keys, family medical records (including children's shot records), medications, school records, address book, photos of you, children, and your batterer, children's toys, telephone calling card, jewelry, change of clothes for you and children.

PLACES TO CALL FOR HELP

STATEWIDE RESOURCES

Texas Advocacy Project
www.texasadvocacyproject.org
(800) 374-HOPE (4673)

National Domestic Violence Hotline
www.ndvh.org
(800) 799-SAFE

Child and Adult Abuse Hotline
www.txabusehotline.org
(800) 252-5400

National Center for Victims of Crime
www.ncvc.org
(800) 394-2255

YOUR LOCAL SHELTER:

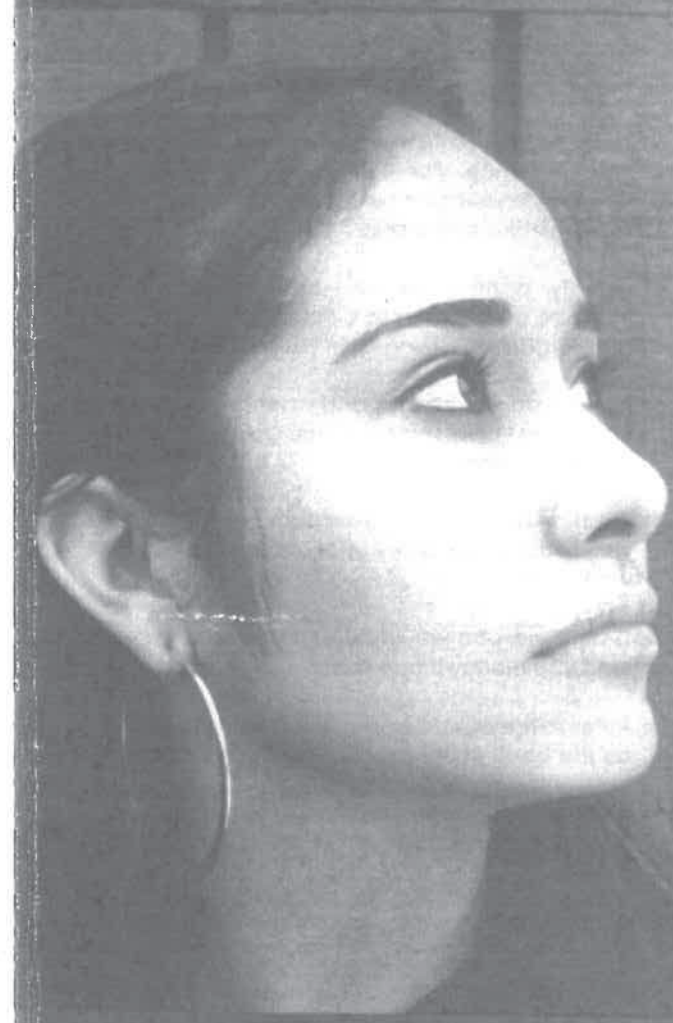


TEXAS ADVOCACY PROJECT
All Texans should live safely in hope, not fear.



Allstate
Foundation

PERSONAL SAFETY PLAN



TEXAS ADVOCACY PROJECT

SAFETY IN AN ABUSIVE RELATIONSHIP

- >> Keep important phone numbers (such as your shelter contact, attorney, police, etc.) and a phone card or charged cellular phone with you at all times.
- >> Give some money, an extra set of keys and copies of your important documents to someone you trust for safekeeping.
- >> Find out about legal options to enhance your safety and independence: protective orders, divorce, custody arrangements, child support, etc.
- >> Take steps to increase or establish your independence. For example, open a savings account in your own name, or find out about job opportunities and transportation options.
- >> Identify a neighbor you can tell about the violence and ask her to call for help if she hears a disturbance coming from your home.
- >> Keep a bag of clothes and essentials (including medicines) with someone you trust in case you decide to leave.
- >> Practice getting out of your home safely. Identify which doors, windows, elevator or stairs would work best.
- >> Determine who would let you stay with them or lend you money if necessary.
- >> Refer to the agencies and services that are listed on the back of this brochure for help.
- >> Review your safety plan with a domestic violence advocate in your area. Call your local shelter or the National Domestic Violence Hotline (800-799-SAFE) for the name and number of an advocate near you.

SAFETY DURING AN EXPLOSIVE INCIDENT

- >> If an argument begins, move to a room that has access to an exit. Avoid the kitchen, bathroom and anywhere weapons are kept.
- >> Agree on a code word to let your children, family or neighbors know that you need help.
- >> Use your planned escape routes to leave and get help if you feel threatened.
- >> Trust your instincts and judgment to keep yourself safe in a dangerous situation.

SAFETY AFTER SEPARATING FROM THE BATTERER

- >> Change or add locks to your doors and windows. Add a peephole and increase outdoor lighting.
- >> Identify methods for keeping your location confidential.
- >> Consider getting an unlisted telephone number and Caller ID to screen calls.
- >> Buy or borrow a cellular phone. Use it to call 911 if you are in danger.

SAFETY WITH A PROTECTIVE ORDER

- >> Keep your protective order with you at all times. Leave copies in your purse, at work, with a friend, in your vehicle, etc.
- >> Tell family, friends and neighbors that you have a protective order in effect. Ask them to call the police if they see the batterer near you or your home.
- >> Call the police immediately if your batterer violates the protective order.
- >> If possible, have a phone with you at all times for this purpose.

SAFETY WHEN YOU SHARE CHILDREN WITH THE BATTERER

- >> Investigate legal options to enhance safety in custody and visitation arrangements, including safe exchanges and supervised or restricted visitation.
- >> Explore options for communicating safely with the batterer concerning your children.
- >> Notify your children's school(s) and/or daycare about custody arrangements. Provide them with a copy of your protective order and custody order.
- >> Find out about counseling for your children.
- >> Ask a counselor, attorney or other domestic violence professional about how to talk to your children about safety concerns.
- >> Contact the Children's Passport Issuance Alert Program with the State Department at (888) 407-4747 and request to be notified if a passport application is being processed for your child.

SAFETY ON THE JOB & IN PUBLIC

- >> Decide who you will inform at work about your situation. This may include your office building's security officers. Provide a picture of the batterer if possible.
- >> Arrange to have someone screen your phone calls if possible.
- >> Devise a plan for leaving work safely. Consider having someone escort you to your vehicle, bus or train. If possible, use a variety of routes to go home.
- >> Consider what action you will take if something happens to you while you are traveling or out in public.
- >> Keep your home address and phone number confidential. Discuss this with your domestic violence advocate.