

SAFETY PLANNING

Though it is not your responsibility to stop the abuser's behavior, you can work on ways to increase your safety. You have a right to be safe.

SAFETY WHILE PHYSICAL VIOLENCE IS OCCURRING

1. Practice how to get out of your home safely. Identify which doors, windows, or stairwells would be best.
2. Have a packed bag ready & keep it at a relative or friend's home.
3. Identify neighbors you can tell about the violence. Ask them to call the police if they hear a disturbance at your home.
4. Choose a code word to use with your children, family, friends & neighbors when you need the police.
5. Decide & plan for where you will go if you have to leave - even if you don't think right now that you'll need to.
6. Use your own instincts and judgment.

SAFETY IN YOUR OWN HOME

1. Change the locks on your doors as soon as possible. Buy additional locks & safety devices to secure your windows.
2. Discuss a safety plan with your children for when you are not with them.
3. Tell your children's school, daycare, etc., who is allowed to pick up the children.
4. Tell neighbors & landlord that your partner no longer lives with you & that they should call the police if they see them near your home.

SAFETY ON THE JOB & IN PUBLIC

1. Choose whom at work you will tell about the violence. Include office/building security. Provide a picture of your abuser.
2. Arrange to have an answering machine, caller ID or trusted friend or relative screen your calls if possible.
3. Have someone escort you to transportation & wait with you until you leave. If possible, use a variety of routes to go home.

YOUR SAFETY & EMOTIONAL HEALTH

1. If you have to communicate with your abuser, choose the safest way to do so.
2. Have positive thoughts about yourself & be clear with others about your needs. Practice self-care.
3. Decide whom you can talk to freely & openly to give you the support you need.
4. Attend a support group.

**CHECKLIST: WHAT YOU NEED TO
TAKE WHEN YOU LEAVE**

Identification

- Driver's license
- Children's birth certificates
- Your birth certificate
- Social security card
- Welfare identification

Financial

- Money and/or credit cards
- Bankbooks
- Checkbooks

Legal Papers

- Relief from Abuse Order
- Divorce papers
- Custody papers
- Lease, rental agreement,
house deed
- Car registration & insurance
- Health & life insurance papers
- Medical records for you &
children
- Work permits/Green
card/VISA
- Passport

Other

- House & car keys
- Medications
- Address book
- Phone card
- Pictures of you, children & the
abuser
- Children's small toys
- Toiletries/diapers
- Change of clothes for you &
children
- Small, sellable items
- Jewelry

IMPORTANT PHONE NUMBERS

24-Hour Emergency Services

- Statewide line to local domestic
violence programs - 1-800-ABUSE
95 (228-7395)
- Statewide line to reach court staff
after business hours, at night, and
on weekends and holidays - 1-
800-540-9990

Fill In Your Local Phone Numbers

Law Enforcement:

Local barracks of the Vermont State
Police:

Local police department:

County Sheriff's department:

Medical Services:

Physician:

Pediatrician:

Ambulance Service:

Hospital Emergency Room:

Legal Assistance:

Vermont Legal Aid:

Victim Advocate in the State's

Attorney's Office:

Your Attorney: -----