

Personal Safety Plan

Roanoke Police Department

DURING AN EXPLOSIVE INCIDENT

- If there is an argument, try to be in a place that has an exit and not in the bathroom, kitchen, or any room that may contain weapons.
- Practice getting out of your home safely. Identify which doors, windows, elevator, or stairwell to use.
- Pack a bag and have it ready at a friend's or relative's house.
- Identify one or more neighbors you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code to use with your children, family, and neighbors when you need the police.
- Decide and place where you will go if you ever have to leave home.
- Use your instincts and judgment. In a dangerous situation, placate the abuser if possible, to keep him or her calm.

Remember: You do not deserve to be hit or threatened

WHEN PREPARING TO LEAVE

- Open a checking account or savings account in your own name.
- Leave money, an extra set of keys, copies of important documents, extra clothes, and medicines in a safe place.
- Get your own post office box.
- Find a safe place where you and your children can go or a person who can lend you money.
- Always keep the shelter phone number and some change or a calling card on you for emergency phone calls.
- If you have pets, make arrangements for them to be cared for in a safe place.

Remember: Leaving your batterer is the most dangerous time.

IN YOUR OWN RESIDENCE

- If you stay in your own home, lock your windows and change the locks on your doors.
- Develop a safety plan with your children for when you are not with them.
- Inform your child's school, day care, etc., about who has permission to pick up your child.
- Inform your neighbors and the landlord that your partner no longer lives with you, and that they should call the police if they see him/her near your home.
- Never call the abuser from your home: he/she may find out where you live. Never tell the abuser where you live.

ON THE JOB AND IN PUBLIC

- Decide whom at work you will inform of your situation. Include the building security (possibly provide a picture).
- When at work, if possible, have someone escort you to and from your car, bus, train.
- If at all possible, use a variety of routes come and go from your home.

PROTECTIVE ORDERS

- If you or your children have been threatened or assaulted, you can request a protective order from the District Attorney. Always keep your protective order with you; **MAKE COPIES**
- Call the police if your partner violates the protective order.
- Inform family members, friends, and neighbors that you have a protective order in effect.

WHAT YOU NEED TO TAKE

IDENTIFICATION

- Driver's License
- Birth Certificates
- Children's birth certificates
- Social security cards

FINANCIAL

- Money / credit cards in your name
- Checking / savings account books

LEGAL PAPERS

- Protective Orders
- Marriage Licenses
- Lease, rental agreement, house deed
- Car registration and insurance papers

- Health and insurance papers
- Medical records for you and your kids
- School records
- Work permits / Green card / Visa
- Passport
- Divorce and custody papers

OTHER

- Medications
- House and car keys
- Address book
- Pictures and sentimental items
- Change of clothes for you and your children

*****Leave with the victim*****

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Detailed Safety Plan

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

Step 1: Safety during a violent incident. Survivors cannot always avoid violent incidents. A variety of strategies may be used to increase safety.

I can use some or all of the following strategies:

- A. If I decide to leave, I will _____ . (Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would I use?)
- B. I can tell _____ about the violence and request she/he call the police if she/he hears suspicious noises coming from my house.
- C. I will use _____ as my code word with my children or my friends so they can call for help.
- D. If I have to leave my home, I will go _____. (Decide this even if I don't think there will be a next time.) If I cannot go to the location above, then I can go to _____ or _____.

Step 2: Safety when preparing to leave. Survivors frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that a survivor is leaving a relationship.

- A. I will leave money, an extra set of keys, and important documents with _____ so I can leave quickly.
- B. I will open an individual savings account by (date) _____ to increase my independence or I will find a safe place to hide cash.
- C. The domestic violence program's hotline number is _____. I can seek shelter by calling this hotline. I will call ahead of time to find out the procedure for admission to the shelter.
- D. I can keep change for phone calls on me at all times. I understand that if I use my cell phone, the following month's phone bill might tell my batterer those numbers that I called after I left. To keep my telephone communications confidential, I must either use coins or I might get a friend to permit me to use their phone for a limited time when I first leave.
- E. I will check with _____ and _____ to see who would be able to let me stay with them or lend me some money.

Step 3: Safety on the job and in public. Each survivor must decide if and when she/he will tell others that a partner has battered her/him and that there may be continued risk. Friends, family and co-workers can help to protect survivors. Each survivor should consider carefully which people to invite to help secure her/his safety.

I might do any or all of the following:

- A. I can inform my supervisor, the security supervisor, and _____ at work of my situation.
- B. When driving, if problems occur, I can _____.
- C. I can use different grocery stores and shopping malls to conduct my business and shop at hours that are different than those used when residing with my battering partner.
- D. I can use a different bank and take care of my banking at hours different from those I used when residing with my battering partner.

Telephone numbers I need to know:

Domestic Violence Hotline _____	School/Daycare _____
Domestic Violence Advocate _____	Doctor's Number _____
District Clerk (for registry of P.O.) _____	Friend's Number _____
Work Number _____	Family Member's Number _____
Supervisor's Number _____	Other _____
Minister's Number _____	Other _____
Attorney's Number _____	Other _____

*****Leave with the victim*****