

Safety Planning

Safety During an Explosive Incident

Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).

Practice how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.

Have a packed bag ready and keep it at a relative's or friend's home in order to leave quickly. Use the check list on this brochure to decide what is important for you to take with you.

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 word or signal to use with your children, family, friends, and neighbors when you need the police.

If you believe an argument/incident is going to occur, try to move to a room or area where you have access to an exit. Stay away from any weapons, the bathroom, kitchen, bedroom or other rooms without an outside door or window.

Use your own instincts and judgment. If the situation is very dangerous, do whatever is necessary to be safe. This may mean giving the abuser what he wants to calm him down.

If necessary, call for help. Dial "0" or "911."

Always Remember

You Do Not Deserve to Be Hit, Threatened, or Live in Fear!

Safety When Preparing to Leave

Open a checking or savings account or credit card in your own name to start to establish or increase your independency.

Think of other ways in which you can increase your independence.

Leave money, an extra set of keys, copies of important documents, extra medicines, and clothes with someone you trust so you can leave quickly, such as a neighbor or friend.

Determine who would be able to let you stay with them or lend you some money.

Keep the shelter or hotline number close at hand and keep some change or a calling card on you at all times for emergency phone calls.

Review your safety plan as often as possible in order to plan the safest way to leave your batterer.

Always Remember

Leaving Your Batterer Is a Very Dangerous Time!

Safety at Home

Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.

Discuss a safety plan with your children for when you are and are not with them.

Tell your children's school, day care, etc., who has your permission to pick up the children.

Notify your neighbors and landlord that your partner no longer lives with you and that they should call police if they see him near your residence.

Safety with a Protection Order

Keep your protection order on you at all times.

Give a copy to a trusted neighbor, family member or clergy person. Keep a copy in the glove compartment of your car.

Call the police if your batterer violates the protection order.

Think of other ways to keep safe until law enforcement arrives.

Inform family, friends, neighbors, or your physician that you have a protection order.

Give a copy of your protection order to your children's school and daycare.

Safety

Tell your co-worker(s), boss, or office or building security about your situation.

Provide a picture of your batterer if possible.

Arrange to have an answering machine, caller ID or co-worker screen your telephone calls if possible.

Devise a safety plan for when you leave work.

Have someone escort you to your car or bus, and wait with you until you are safely on your way. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.

Go to different grocery stores, businesses, and banks if possible. If this is not possible, change the time and day which you go shopping to vary your routine.

Checklist – Important Things to Take When You Leave

Identification

- driver's license
- your and your children's birth certificates
- Social Security cards
- work permits or work VISAs
- passports

Financial

- money or credit cards
- your bank books
- your checkbooks
- public assistance documentation
- your tax return from the previous year
- pay stubs for you
- your loan information
- your protection order
- your lease, rental agreement, or house deed
- car registration and car insurance papers
- health and life insurance papers
- medical records for you and your children
- vaccination records
- divorce or custody papers

Other

- house keys and car keys
- medications
- address books
- phone cards
- pictures of you, your children, and your abuser
- change of clothes for you and your children
- your children's toys

Important Numbers

Closest domestic violence or sexual assault program:

National domestic violence hotline:

Police: 911 or _____

Sheriff: _____

Victim – Witness Unit: _____

Prosecuting Attorney: _____

Clerk or District Court: _____

Probation Department: _____

Private Attorney: _____

Other:

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The information and statements of law in this fact sheet should not be considered legal advice. This fact sheet is provided as a broad guide to help you understand how certain legal matters are handled in general. Courts may interpret the law differently. Before you take action, talk to an attorney and follow his or her advice. Always do what the court tells you to do.



CENTER FOR ARKANSAS
LEGAL SERVICES



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Equal Access to Justice

A Safety Plan for Living Free from Domestic Violence

If you feel abused, violated, or threatened by your partner, there are several steps you can take to protect yourself and your children. If you are at risk, do not wait. Keep in mind that violence tends to get worse with time.

**Content provided by:
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