



Telephone Numbers I Need to Know:



Police:

In an emergency, dial 911

Metropolitan Police Department:

1st district: (202) 698-0555	4th District: (202) 576-6745
Substation: (202) 698-0068	5th District: (202) 698-0150
2nd District: (202) 730-1903	6th District: (202) 698-0880
3rd District: (202) 673-6815	Substation: (202) 698-2088
Substation: (202) 576-8222	7th District: (202) 698-1500

National:

National Domestic Violence Hotline:
(800) 799-SAFE (7233)

Local:

24-hour shelters, Hotlines and Counseling:

House of Ruth: (202) 347-2777
My Sister's Place: (202) 529-5991

Financial Assistance:

Crime Victims Compensation Program:
(202) 879-4216

Legal Assistance:

American University: (202) 274-4140
AYUDA: (202) 387-0434
Bread for the City: (202) 265-2400
WEAVE: (202) 452-9550 ext. 103
SAFE: (202) 879-7857



Personal:

Work Number: _____ Supervisor: _____

Minister: _____ Church: _____

Day Care: _____ School: _____

Family Members: _____

Friends: _____

Neighbors: _____

Local Hospital: _____ My DV worker: _____

MAKING A PERSONALIZED SAFETY PLAN



FOR VICTIMS OF DOMESTIC VIOLENCE



Domestic violence is terrifying and can cause the victim to feel helpless and immobile. This booklet will help you, as a victim, make plans to keep yourself (and your children) physically, emotionally and financially safe from the batterer.

Metropolitan Police Department
Domestic Violence Unit
300 Indiana Avenue, NW, Suite 3018
Washington, D.C. 20001



Office: 202.727.7137
Fax: 202.727.6491
<http://www.mpdc.dc.gov>
Click on "Victim Assistance"

My Safety Plans:

Table of Contents

<i>Safety during a violent incident</i>	3
<i>Safety when preparing to leave</i>	4
<i>Safety in my own residence</i>	5
<i>Safety on the job and in public</i>	6
<i>Safety and my emotional health</i>	7
<i>Important Phone Numbers</i>	8

Without help, domestic violence often continues and escalates over time.

To protect yourself:

- Inform others of the situation: friends, family, neighbors, and co-workers may be able to help. Talk with them!
- Memorize your local emergency numbers (such as police and hospitals)
- Identify and document escape routes and plans in case of a violent situation
- If you have children, talk with them about the violence and what they should do if it happens or if they are scared
- Put together a bag for emergencies with extra money/ checkbook/credit card, extra car keys, medicine, extra clothes and important papers (i.e. birth certificate, passport, social security card, and medical cards) and store it in a safe and accessible place (i.e. at a friends house).
- Trust you instincts: if you feel like you are in danger, you probably are, **GET OUT!**

The forms outlined in this booklet are designed to help you plan for your own personal safety. This book should be kept in a safe and confidential place where your abuser cannot find it.



Safety and My Emotional Health

THE EXPERIENCE OF BATTERING IS HUMILIATING AND DEGRADING AS WELL AS EMOTIONALLY EXHAUSTING. THERE MAY BE TIMES DURING THE COURSE OF LEAVING THAT YOU FEEL LIKE GOING BACK TO YOUR BATTERER, WHEN THAT HAPPENS, YOU HAVE TO HAVE A PLAN TO AVOID MAKING A MISTAKE.

In order to help my emotional health I can:

1. If I feel down and ready to return to my abuser I can _____ to bring up my spirits and call _____ (friend) or the domestic violence hotline to talk with and get support.
2. When I have to communicate with my abuser in person or over the phone I can _____
3. I can tell myself “_____” whenever I feel like others are attempting to control or abuse me.
4. I can call _____ and _____ to help me feel stronger when I am down.
5. Other things I can do to help me feel stronger are _____ and _____
6. I can attend workshops and support groups at the domestic violence program or _____, _____ or _____ to gain support and strengthen my relationships with other people.

Safety on the Job and in Public Areas

IT IS EVERY SURVIVOR'S CHOICE WHO THEY WANT TO INFORM OF THE ABUSE IN THEIR LIFE. CLOSE FRIENDS AND CO-WORKERS CAN BE A HUGE HELP IN THIS AREA. CHOOSE CAREFULLY WHO YOU DECIDE TO TRUST WITH YOUR INFORMATION.

1. I can inform my boss, the security supervisor and _____ at work of my situation.
2. I can ask _____ to help screen my incoming phone calls.
3. When I am leaving work, I can ask _____ to walk with me and exit from _____ to keep myself safe.
4. If a problem occurs when I am driving home I can _____
5. If I use public transportation I can carry _____ to protect myself and I can watch my surroundings so I have an escape plan if needed.
6. I can use _____ (grocery store) and _____ (shopping mall) to purchase things, where I know my batterer does not shop. I can shop at _____ (time), when I know (s)he is at work or busy.
7. I can change my bank account to _____ (bank/credit union), where I know that my batterer does not go or have accounts.
8. I can also take these steps to change my routine and avoid contact with my batterer: _____

Safety During a Violent Incident:

You can't always predict when violence will occur but you can be prepared if it does!

1. If I decide to leave I will _____ (How to escape, which windows, doors etc. can you easily exit?)
2. I can keep my purse and car keys accessible _____ (Place).
3. I can tell _____ about the violence and ask them to call the police if they hear/see anything. I can also teach my children about violence and teach them how to call the police if they see it.
4. I will use _____ as a code for when I need help. I will alert my friends, family and children to this word and ask them to call the police if I use it.
5. If I decide to leave I can stay with _____ and if that is not an option I can stay _____ or _____.
6. When I feel like we are going to have an argument I will move to a lower risk space in the _____ (Try to avoid in-closed rooms, bathrooms, basements, and rooms that have weapons like garages, kitchens).

Police: 911

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

My Sisters Place: (202) 529-5991

House of Ruth: (202) 347-2777

Neighbor: _____



Safety When Preparing to Leave:

When victims decide to leave they are often faced with increased violence, because of this, before you leave you must make a careful and confidential plan and you should **NEVER** inform your partner of your intent to leave.

1. I will leave money and an extra set of keys with _____ (person you can trust) so I can leave quickly.
2. I will keep copies of important documents and keys at _____.
3. I will open a savings account at _____ (bank or credit union) by _____ (date) to increase my independence.
4. Other things I will do to increase my independence: _____
_____.
5. I will keep change in my pocket or _____ (place) to make phone calls. I realize that if I use my cell phone or phone card the numbers I dial (i.e. domestic violence hotline) will show up on my phone bill that may be accessible to my batterer.
6. I will talk to _____ and _____ to see if they will let me stay with them if I need a place to stay.
7. I can leave extra clothing with _____.
8. I will review my safety plan every _____ days to make sure I remember, and I will share it with _____ as well.

Things to take with you if you decide to leave (check them off as you pack):

- | | |
|--|---|
| <input type="checkbox"/> Identification, driver's license and vehicle registration | <input type="checkbox"/> Several changes of clothes |
| <input type="checkbox"/> Birth Certificates and Social Security Cards | <input type="checkbox"/> Children's favorite toys, blankets |
| <input type="checkbox"/> School and medical records | <input type="checkbox"/> Passports, Green Cards, Work permits, Welfare Identification |
| <input type="checkbox"/> Money, bank books, credit cards | <input type="checkbox"/> Lease/rental agreements, house deed, mortgage papers |
| <input type="checkbox"/> Keys: house/office/car | <input type="checkbox"/> Current unpaid bills in your name |
| <input type="checkbox"/> Medications | <input type="checkbox"/> Insurance papers |
| <input type="checkbox"/> Threatening letters from the abuser, and other evidence | <input type="checkbox"/> Address book |



Safety After I Leave:

LEAVING AN ABUSIVE RELATIONSHIP IS A VERY DIFFICULT AND BRAVE THING TO DO. MAKE SURE YOU KEEP YOURSELF SAFE BY USING SOME OF THE FOLLOWING SUGGESTIONS:

1. I can alter my home to aid in my protection by: changing the locks on my doors and windows, changing wooded doors to metal ones, installing an alarm system, adding additional locks, poles to wedge doors, and outdoor motion lighting.
2. I can install smoke detectors and have fire extinguishers for each floor of my house/apartment and can purchase rope ladders for _____ window(s). I will plan to escape from the second story by _____, if need be.
3. I can teach my children how to use the telephone and how to make collect calls to me and to _____ (person) at _____ (number) in case my partner takes them.
4. I can alert schools and daycares of who is authorized to pick up my children and that my partner is not permitted to do so. The people I need to inform include:
 _____ (School name and phone number)
 _____ (Day care provider)
 _____ (Babysitter)
 _____ (Sunday School teacher)
 _____ (Others)
5. I can inform:
 _____ and _____ (Neighbors),
 _____ (Pastor), _____ (Friend)
 that my partner and I no longer live together and that they should call the police should they see him or his vehicle near my residence.