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

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.
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 your 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 __________ ____________________________

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):**

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

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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.