

You can choose to leave or to stay with an abusive person. It is your choice, and your choice alone. Here are some suggestions to help you, whatever decision you make.

Incident

- If there is a fight, try to be in a room with an exit and not in the bathroom, kitchen, or near weapons.
- Practice how to get out of your home safely. Which doors, windows, elevator, or stairs would be best?
- Tell a neighbor to watch for signs of violence and ask them to call the police.
- Have a code word to use with your children, family, and friends to let them know you need the police.

Emotional Health

- Find someone you can talk to freely and openly to give you the support you need.
- Find someone to talk to who knows about domestic violence resources.

Remember: you don't deserve to be hit or threatened.

Preparing to leave

- Plan where you will go if you leave home, including a safe place you can go to in an emergency.
 - Have a bag ready with clothes, money, and important papers. Keep it in a secret place ready if you need to leave quickly.
 - Think of ways to increase your independence (learn English, get a job, open a bank account in your name).
 - Keep phone numbers and some money with you for emergencies.
 - Plan leaving very carefully.
- Leaving your batterer is the most dangerous time.

Children's Safety Plan

Teach your children:

- ✓ that the violence is not their fault
- ✓ how to stay out of the fight
- ✓ how to call the police
- ✓ where to hide safely in the house (for example under the bed or in the closet)
- ✓ how to get out of your home safely
- ✓ which neighbor or relative to go to for help
- ✓ that they have a right to be safe

Safety at home and work

- Change the locks on your doors. Secure all windows.
- Discuss a safety plan with your children.
- Tell your child's school, day care, etc. who has permission to pick up your child.
- Tell neighbors and your landlord that your partner no longer lives with you and they should call the police if they see him near your home.
- Think of ways to stay safe if the police do not come right away.
- Think of a safety plan for when you go to work or go shopping. What would you do if you saw your batterer when you were out?
- Consider getting a Restraining Order. A Restraining Order is a piece of paper from the court telling the person abusing you to stop or to have no contact with you, and telling the police to arrest the person if they violate the Restraining Order.
- Keep your Restraining Order with you all the time. Call the police if your partner breaks the Restraining Order.
- If you have to talk to your partner, think of the safest way to do this.
- If you are thinking of going back to your partner, talk to someone about your options.

Checklist

If you are going to leave, try to take as many of these things with you as possible:

- Change of clothes
- ID/Drivers license
- Family passports
- Green cards or visas
- Family birth certificates
- Money/credit cards
- Bank books
- House and car keys
- Medications
- Address book
- Photographs
- Medical and immunization records
- Social Security Card
- Welfare ID
- School records
- Marriage certificates
- Child's toys
- Letters addressed to you and your spouse
- Other: _____

Important Phone Numbers

Friends:

Relatives:

Portland Women's Crisis Line toll free:

(interpreters are available)
1-888-235-5333

Domestic Violence Hotline toll free:

(interpreters are available)
1-800-799-7233

Police Emergency:

9-1-1

IRCO Refugee & Immigrant Family

Strengthening Program
503-234-1541

Russian Oregon Social Services

503-777-3437

IRCO Asian Family Center

503-235-9396

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SAFETY PLAN

