Remember, You Don't Deserve to Be Abused, Violated, or Threatened!

Safety During a Heated Incident:

If an argument seems unavoidable, try to find a room or area that has access to an exit.

Identify the safest route out of your home.

Keep a packed bag ready in an undisclosed place in order to leave quickly.

Identify neighbors you can tell about the violence and ask that they call the police if they hear a disturbance coming from your residence.

Devise a code word to use with your children, family, friends, and neighbors when you need someone to call the police.

Decide and plan where you will go if you have to leave home.

Trust your instincts and judgment. You have the right to protect yourself until you are out of danger.

Safety When Preparing to Leave:

Open a savings or checking account in your own name.

Leave money, extra sets of keys, copies of important documents, medications, and extra clothes with someone you trust so you can leave quickly.

Keep the shelter phone number, some change, and/or a calling card with you at all times for emergency phone calls.

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

Future Safety:

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

Discuss the safety plan with your children.

Consult with an attorney about your legal rights and options.

Inform your child’s school, day care, etc., of the situation and who has permission to pick up your child.

Never call the abuser from your home phone.

What To Take When You Leave:

- Identification/Driver's License
- Birth certificates
- Marriage license
- Money
- Lease, rental agreement, house deed
- Insurance papers
- House and car keys
- Medications
- Medical Records
- Social Security Cards
- School records
- All relevant court orders (PPO's, custody and/or divorce paperwork)
- DHS Bridge Card

Teens In A Violent Relationship

Decide who you can tell that you trust (friend, teacher, relative, or police officer).

Contact WISE to obtain a protective order and make a safety plan.