

Safety Planning

Leaving the abuser is the most dangerous time for a victim of domestic violence. Seventy five percent (75%) of domestic violence related homicides take place when one partner in a relationship tries to leave. Please note the following guidelines to insure both your safety while you are still living with the abuser and when you decide to leave.

GENERAL

When in an argument, try to be in a room close to an exit. Try to have access to a phone to call 911, a close relative, friend or neighbor. Have an escape route to leave safety plan and practice it. If you have children, come up with a code word when the authorities need to be called. When deciding to leave, have a bag packed in case of an emergency.

HOME

Change all locks at home. Look into security systems. Notify landlord, family, friends and neighbors. Practice the safety plan with your children. Notify children's school. Change phone numbers.

JOB

Inform your boss of your situation. Screen calls at work. Have an escape plan and practice it. Try to carry a mobile phone with you at all times in case of a problem. Try to go to a variety of grocery stores, banks and malls.

EMOTIONAL

If you decide to return to the abuser, discuss a safety plan with someone you trust. Learn the different support groups in your area. Educate yourself about abuse by reading magazines, books and poetry. Be positive toward yourself and to others.

PROTECTION

Keep your protection order with you at all times. If your partner or the person whom the order is against, violates the order, inform authorities immediately. If you live out of state, register your order in the state where you are currently residing. If you need assistance in obtaining a protection order of any kind, call a domestic violence shelter. Try not to be in areas where the batterer has access to you or your children.

LEAVE

Plan out who you can stay with and who would lend you money. Try to leave an extra set of clothes for you and your children at a relative's house or in your car. If possible, open a savings account in your name at a different bank with statements sent to a post office box. Have a shelter's number close to the phone along with emergency numbers. Practice your escape plan. Follow Checklist below of what to take with you.

Serving domestic violence victims and their families
since 1979 in Crawford, Delaware,
Marion, Morrow, Union and Wyandot Counties



CALL 24 HOURS A DAY:
For Immediate help call 911 or
800-232-6505 or 740-382-8988
www.turningpoint6.org

CHECKLIST

Identification	House keys
Driver's license	Car keys
Car title and registration	Medication and Records
Birth certificates for family	Social security card
Money	Passport
Protection order	Welfare identification
House deed or rental lease	School records
Insurance papers	Divorce papers

CALL 911 or 800-232-6505 or 740-382-8988