

Safety on the Job and in Public

- Tell someone you trust at work about your situation. Provide a picture or description of your abuser to building security personnel.
- Screen incoming calls at work, or arrange for a coworker to do so.
- Create a safety plan for leaving work. Walk with another person to your car, the bus stop, or train station. If you walk home, change your route every day. Know what you would do if something happened on your way home.

Safety and Your Emotional Health

- If you are considering returning to a potentially abusive situation, discuss all other options with someone you trust.
- If you must communicate with your abuser, find the safest way to do so (over the phone, in a public place, with a friend present, etc.)
- Think positive thoughts about yourself and be assertive with others about your needs.
- Attend a support group to gain support from others and to understand more about yourself and the relationship.
- If you need support in any way, call someone you feel safe talking to.
- Read books, articles, and poetry that will give you strength and boost your self-esteem.

Teen Dating Violence

- If something about your relationship doesn't seem right to you, talk about it with someone you trust.
- Know at least one friend, teacher, relative, or police officer who you can go to in an emergency.
- Contact a domestic violence advocate or police officer to learn how to get a temporary restraining order and how to make a safety plan.
- REMEMBER—YOU SHOULD NEVER HAVE TO FEEL AFRAID IN YOUR RELATIONSHIP!
- **NO MEANS NO!!!**

What to Take When You Leave

(Checklist)

- | | |
|--|--|
| <input type="checkbox"/> Identification | <input type="checkbox"/> Money |
| <input type="checkbox"/> Birth certificates | <input type="checkbox"/> All medical information |
| <input type="checkbox"/> Social Security cards | <input type="checkbox"/> Pets (if you can) |
| <input type="checkbox"/> House/car keys | <input type="checkbox"/> Pictures |
| <input type="checkbox"/> Medications | <input type="checkbox"/> Restraining Order |
| <input type="checkbox"/> Bank/check books | <input type="checkbox"/> School records |
| <input type="checkbox"/> Divorce papers | <input type="checkbox"/> Welfare ID |
| <input type="checkbox"/> Car title/registration | <input type="checkbox"/> Work permits |
| <input type="checkbox"/> Immigration papers | <input type="checkbox"/> Marriage certificates |
| <input type="checkbox"/> Insurance papers | <input type="checkbox"/> Address book |
| <input type="checkbox"/> Rental agreement/
house deed | <input type="checkbox"/> Phone charger |
| | <input type="checkbox"/> Jewelry |

Domestic Violence Safety Plan



Humboldt Domestic Violence Services

Crisis/Support Line: (707) 443-6042*

Toll-free: 1-866-668-6543

Business Office line: (707) 444-9255

**Call this number to talk to one of our counselors*

You have the right to be safe!

Safety During an Explosive Incident

- Always remember to call 911
- If an argument seems unavoidable, try to have it in a room or area that has access to an exit and **not** in the bathroom, kitchen, or ANYWHERE near a weapon.
- Practice how to get out of your home safely. Know which doors, windows, elevator or stairs would be best.
- Have a bag packed and ready. Keep it in a secret but accessible place so you can leave quickly.
- Think of a neighbor you can talk to about the violence, and ask them to call the police if they notice a disturbance coming from your home.
- Create a code word that means you are in danger and share it with your children, extended family, friends, and neighbors.
- Know where to go in case you need to leave your house quickly (even if you think you won't need to).
- If the situation is very dangerous, use your own instincts and judgment to keep yourself safe. Call the police as soon as it is safe to do so.
- Always remember: **YOU HAVE THE RIGHT NOT TO BE ABUSED IN YOUR RELATIONSHIP — PHYSICALLY, EMOTIONALLY, OR SEXUALLY.**

Safety When Preparing to Leave

- Know where you could stay, and who would lend you money.
- Always try to take your children with you, or make arrangements to leave them with someone safe.
- Leave money, an extra set of keys, copies of important documents, and extra clothes with someone you trust.
- Open a savings account in your own name to establish or increase your independence. Think of other ways in which you could gain more freedoms.
- Keep the shelter numbers close at hand and keep change or a calling card with you at all times.
- Review your safety plan with a domestic violence advocate in order to plan the safest way to leave your abuser.
- REMEMBER: Leaving your abuser can be the most dangerous time.

Safety in Your Home

- Tell your neighbors and landlord that they should call the police if they see your abuser near your home.
- Create a safety plan for your children in case they are home alone. Practice it with them!
- Make sure your children's school or day care provider knows who can and cannot take your children home.
- Change/add locks to all doors and windows ASAP.
- Add a peephole to your front door and increase outdoor lighting, if possible. Borrow/buy a cell phone.
- Change your telephone number.



Safety with a Restraining Order

- Keep your restraining order with you at all times. Leave extra copies at work, with a friend, in your car, etc...
- Call the police if your abuser violates the protective order.
- Think of alternate ways to keep safe if the police cannot respond effectively.
- Tell your family, friends, and neighbors that you have a restraining order in effect.
- Try to avoid places where your abuser might go.

Temporary Restraining Orders

The following organizations offer restraining order assistance:

The Self Help Center: Offers free restraining order assistance at the Humboldt County Courthouse. Call for more information. SHC is open M-F 8:30am-3pm by appointment only. **(707) 445-7256**

Legal Services of Northern CA: May be able to provide low-income legal assistance as well. Call for more information. **(707) 445-0866**

The Victim Witness Program: Provides assistance with restraining orders and court support. **(707) 445-7417**

Humboldt Domestic Violence Services: Provides restraining order assistance for victims of domestic violence. By appointment only—call to schedule an appointment and for more information. **(707) 443-6042**