

CSN Safety Plan

Your safety is the most important thing. If you are in an abusive relationship, please take the time to make a safety plan. The Community Safety Network is available to help you with this plan any time, day or night, by calling our 24-hour help-line at 733-SAFE. These plans contain simple but critical steps you can take to increase your safety while you deal with the abuse you face in your personal life.

■ If you are in an abusive relationship, think about...

1. Having important phone numbers nearby for you and your children. Numbers to have are the police, hotlines, friends and the local shelter.
2. Friends or neighbors you could tell about the abuse. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.
3. How to get out of your home safely. Practice ways to get out.
4. Safer places in your home where there are exits and no weapons. If you feel abuse is going to happen try to get your abuser to one of these safer places.
5. Any weapons in the house. Think about ways that you could get them out of the house.
6. Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house - taking out the trash, walking the pet or going to the store. Put together a bag of things you use everyday (see the checklist below). Hide it where it is easy for you to get.
7. Going over your safety plan often.

■ If you consider leaving your abuser, think about...

1. Four places you could go if you leave your home.
2. People who might help you if you left. Think about people who will keep a bag for you. Think about people who might lend you money. Make plans for your pets.
3. Keeping change for phone calls or getting a cell phone.
4. Opening a bank account or getting a credit card in your name.
5. How you might leave. Try doing things that get you out of the house - taking out the trash, walking the family pet, or going to the store. Practice how you would leave.
6. How you could take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.
7. Putting together a bag of things you use everyday. Hide it where it is easy for you to get.

ITEMS TO TAKE, IF POSSIBLE

- | | |
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| <input type="checkbox"/> Children (if it is safe) | <input type="checkbox"/> Car registration |
| <input type="checkbox"/> Money | <input type="checkbox"/> Welfare identification |
| <input type="checkbox"/> Keys to car, house, work | <input type="checkbox"/> Passports, green cards, work permits |
| <input type="checkbox"/> Extra clothes | <input type="checkbox"/> Lease/rental agreement |
| <input type="checkbox"/> Medicine | <input type="checkbox"/> Mortgage payment book, unpaid bills |
| <input type="checkbox"/> Important papers for you and your children | <input type="checkbox"/> Insurance papers |
| <input type="checkbox"/> Birth certificates | <input type="checkbox"/> PPO, divorce papers, custody orders |
| <input type="checkbox"/> Social security cards | <input type="checkbox"/> Address book |
| <input type="checkbox"/> School and medical records | <input type="checkbox"/> Pictures, jewelry, things that mean a lot to you |
| <input type="checkbox"/> Bankbooks, credit cards | <input type="checkbox"/> Items for your children (toys, blankets, etc.) |
| <input type="checkbox"/> Driver's license | |
8. Think about reviewing your safety plan often.

■ **If you have left your abuser, think about...**

1. Your safety - you still need to.
2. Getting a cell phone. CSN may be able to provide you with a cell phone.
3. Getting a protection order from the court. Keep a copy with you all the time. Give a copy to the police, people who take care of your children, their schools and your boss.
4. Changing the locks. Consider putting in stronger doors, smoke and carbon monoxide detectors, a security system, and outside lights.
5. Telling friends and neighbors that your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home or children.
6. Telling people who take care of your children the names of people who are allowed to pick them up. If you have a protection order protecting your children, give their teachers and babysitters a copy of it.
7. Telling someone at work about what has happened. Ask that person to screen your calls. If you have a protection order that includes where you work, consider giving your boss a copy of it and a picture of the abuser. Think about and practice a safety plan for your workplace. This should include going to and from work.
8. Not using the same stores or businesses that you did when you were with your abuser.
9. Someone that you can call if you feel down. Call that person if you are thinking about going to a support group or workshop.
10. Safe way to speak with your abuser if you must.
11. Going over your safety plan often.

WARNING: Abusers try to control their victim's lives. When abusers feel a loss of control - like when victims try to leave them - the abuse often gets worse. Take special care when you leave. Keep being careful even after you have left.