



## **Domestic Violence Personal Safety Plan**

### **You Have a Right to be Protected**

No one deserves to be hit or threatened. If you are being hurt by someone you love, make plans and take precautions to keep yourself and your children safe. Here are some suggestions that have helped other people in these situations.

### **Safety When Preparing to Leave**

- Open a checking or savings account in your own name.
- Leave money, an extra set of keys, copies of important documents, extra clothes, and medicine in a safe place or with someone you trust.
- Get your own post office box.
- Identify a safe place where you can go and someone who can lend you money.
- Always keep the shelter phone number, a calling card, or some change for emergency phone calls with you.
- If you have pets, plan for them to be cared for in a safe place.

### **Safety During and Explosive Incident**

- If there is an argument, try to be in a place that has an exit and not in a bathroom, kitchen, or room that may contain weapons.
- Practice getting out of your home safely. Identify which doors, windows, elevators, or stairways to use.
- Pack a bag and have it ready at a friend's or relative's house.
- Identify one or more neighbors you can tell about violence and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- Decide and plan where you will go if you ever must leave home.

### **Safety with a Protective Order**

- If you or your children have been threatened or assaulted, Golden House can assist you with filing a restraining order.
- Always keep your protective order with you. Call the police if your partner violates the protective order. Inform family members, friends, and neighbors that you have a protective order in effect.
- Think of alternative ways to keep safe if the police do not respond immediately.



### **Safety in Your Own Residence**

If you stay in your home, lock your windows and change the locks on your doors as soon as possible. Develop a safety plan with your children for times when you are not present. Inform your children's school, daycare, etc. about who has permission to pick up the children. Inform neighbors and the landlord that your partner no longer lives with you, and that they should call the police if they see him/her near your home. Never tell the abuser where you live and request an unlisted/ unpublished number from the telephone company. Keep your cell phone charged and with you so you can call for help if you need.

### **Safety on the Job and in Public**

Inform someone at work of your situation. Include security officers at work and provide them with a picture of your abuser. Have someone screen your telephone calls at work. Have someone escort you to your vehicle, bus or train. Use a variety of routes to come and go from home.

### **Important Numbers**

**Golden House Helpline:** (920) 432-4244 and 1-877-431-4321

**Crisis Center:** (920) 436-8888

**Green Bay Police Department:** (920) 448-3201

**Brown County Sheriff's Department:** (920) 448-4200

**District Attorney's Office:** (920) 448-4190

**National Domestic Violence Hotline:** 1 (800) 799-SAFE (7233)

1(800) 787-3224 (TTY for the Deaf)

### **Support Groups**

#### **Women's Support Group**

Continued Support: Tuesdays 6:00 PM-7:00 PM

Foundations of Domestic Violence: Thursdays 6:00 PM-7:00 PM

#### **Children's Support Group**

Tuesdays: 6:00 PM- 7:00 PM

#### **Casa Alba Support Group**

Thursdays 4:00 PM-5:30 PM at 314 Madison St. Green Bay, WI



## Checklist: What to Take when you Leave

### Identification:

- Driver's License
- Birth Certificate/ Children's Birth Certificates
- Social Security Cards

### Financial:

- Money and/ or credit cards (in your name)
- Checking and Savings account information

### Legal Documents:

- Protective Order
- Lease, rental agreement, and house deed
- Car registration and insurance papers
- Health and life insurance papers
- Medical records for you and your children
- School records

- Work permits/ Green Card/ Visa
- Passport
- Divorce and custody papers
- Marriage License

### Miscellaneous:

- Medications
- House and car keys
- Valuable Jewelry
- Address book
- Pictures and sentimental items
- Change of clothes for you and your children