

SAFETY IN MY HOME

There are many things that a woman can do to increase safety in her home. It may be impossible to do everything at once, but safety measures can be added step by step.

1. I can inform _____, that my partner no longer resides with me and they should call the police if he is seen at my residence.
2. I can change the locks on my doors and windows as soon as possible.
3. I can replace wooden doors with steel/metal doors.
4. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
5. I can purchase rope ladders to be used for escape from second floor windows.
6. I can install smoke detectors and purchase fire extinguishers for my home.
7. I can install an outside lighting system that lights up when a person is coming close to my house.
8. I can teach my children how to use the telephone, in case my partner takes them to make a collect call to me and to: _____
_____friend/advocate/minister/other)
9. I can tell people who take care of my children which people have the permission to pick up my children and that my partner does not have permission. The people I will inform about this are:

School _____

Day care _____

Babysitter _____

Teacher _____

Others _____

SAFETY WITH A PROTECTIVE ORDER

Protective orders are available from the court. An advocate is available at the nearest domestic violence/sexual assault program to help you get one. Many batterers obey protective orders, but some do not.

I understand that I may need to ask the police and the courts to enforce my protective order. I can do some or all of the following to increase my safety:

1. I can keep a copy of my protective order with me at all times.
2. I can check with my local police department to make sure my protective order is on record with them. If not, I will give a copy of my protective order to them. If not, I will give a copy of my protective order to them. I will also give a copy of my protective order to police departments in the community where I work and in those communities where I usually visit family or friends.
3. I can tell my employer, my domestic violence program advocate, my minister, my closest friend, and _____ that I have a protective order in effect.
4. If my partner destroys my protective order, I can get another copy from the courthouse by calling _____.
5. If my partner violates the protective order, I can call the police and report a violation, call my attorney, call an advocate at a DV program, and/or advise the court of the violation.

SAFETY ON THE JOB AND IN PUBLIC

Each battered woman must decide for herself if and when to tell others about the violence. Friends, family and co-workers can help to protect her, and she needs to consider carefully who to ask for help.

I can do any or all of the following:

1. I can tell my boss, the security supervisor and _____ at work.
2. I can ask _____ to help screen my telephone calls at work.
3. When I leave work, I can walk with _____ to my car. I can park my car where I will feel safest getting in and out of the car.

4. When traveling home if problems occur, I can _____

5. I can use different grocery stores, shopping malls, and banks to shop and do business at hours that are different from those I used when residing with my battering partner.
6. I can also _____

SAFETY AND DRUG OR ALCOHOL USE

Many people use alcohol and drugs. Using illegal drugs and abusing alcohol can be very hard on a battered woman physically and emotionally, and may hurt her relationship with her children and put her at a disadvantage in court. Beyond this, the use of alcohol or other drugs can reduce a woman's awareness and ability to act quickly to protect herself from her battering partner. In the context of drug or alcohol use, a woman needs to make specific plans.

If drug or alcohol use has occurred in my relationship with my partner, I can enhance my safety by doing some or all of the following:

1. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.
2. If my partner is using, I can _____

3. To safeguard my children, I can _____

SAFETY AND MY EMOTIONAL HEALTH

The experience of being battered and verbally degraded is exhausting and emotionally draining. The process of building a new life takes much courage and incredible energy.

To conserve my emotional energy during hard emotional times, I can do some of the following:

1. If I feel down and ready to return to a potentially abusive situation, I can _____

2. When I have to communicate with my partner in person or by telephone, I can _____

3. I can use, "I can" statements with myself and be assertive with others.
4. I can tell myself _____ whenever I feel others are trying to control or abuse me.
5. I can read _____ to help me feel stronger.
6. I can call _____, _____, and _____ to be of support to me.
7. I can attend workshops and support groups to gain support and strengthen my relationships with other people.
8. Other things I can do to help me feel stronger are: _____

Note: This safety plan was written using the female gender when referring to the battered victim. This does not mean to imply that men cannot be victims of battering.

This was adapted from safety planning materials prepared by the Alaska Department of Law and from the Alaska Network on Domestic Violence & Sexual Assault (ANDVSA) website.

www.andvsa.org.