



# Everyone Should Feel Safe at Home - A Domestic Violence Safety Plan

- In an emergency, call 9-1-1 immediately.
- Go to an emergency room if you need medical help.
- Take pictures of bruises and injuries.

## VIOLENCE COMES IN MANY FORMS

Domestic violence affects all socioeconomic groups. It is the establishment of control and fear in a relationship through violence and other forms of abuse. Abusers use acts of violence and other behaviors, including intimidation, threats, psychological abuse and isolation, to coerce and control another person. Domestic violence disregards, disrespects and devalues a person, resulting in the eventual diminishing of the self-esteem. Consciously or unconsciously, victims often try to change their behavior, believing the abuse will stop if they change.

## IN AN EMERGENCY

If you are at home and you are being threatened or attacked:

- Call 911 (or your local emergency number) right away for help; get the dispatcher's name
- Stay out of rooms with no exit
- Avoid rooms that may have weapons
- Stay away from the kitchen (the abuser can find weapons such as knives there)
- Stay away from bathrooms, closets or small spaces where the abuser can trap you
- Get to a room with a door or window to escape
- Get to a room with a phone to call for help; lock the abuser outside if you can
- Think about a neighbor or friend you can run to for help
- If a police officer comes, tell him/her what happened; get his/her name and badge number
- Get medical help if you are hurt
- Take pictures of bruises or injuries
- Call a domestic violence program or shelter (some are listed here); ask them to help you make a safety plan
- Call 602-506-SELF (7353). Press 4, then 1, to learn about getting an Order of Protection or Injunction Against Harassment.
- If you receive an Order, keep your Order with you at ALL times and give copies to family, friends, schools, employers and babysitters

**National 24 Hour Domestic Violence Hotline**  
**1-800-799-7233**  
**1-800-787-3224 (TTY)**

**AzCADV Legal Advocacy Hotline**  
**602-279-2900**  
**1-800-782-6400**

## What You Need When You Are Preparing to Leave

### Identification

- Driver's License
- Birth certificates for you and your children
- Social Security cards
- Welfare identification
- Medical insurance cards

### Money

- Money, ATM card and/or credit cards
- Savings book and checkbook

### Legal Documents

- Lease, rental agreement or deed to house/properties
- Car registration and insurance papers
- Health and life insurance papers
- Medical records for you and your children
- School and shot records
- Passport and/or work permits/green card or visa
- Divorce papers and/or custody papers

### Other Things

- Keys to house, car and safety deposit boxes
- Medications for you and your children
- Small objects to sell (like jewelry)
- Address book
- Phone card
- Pictures of you, your children and your abuser
- Children's small toys
- Toiletries/diapers
- Clothing

### Things to Do

- Open a savings account in your own name.
- Get your own post office box so that you can receive mail and checks.
- Plan who to stay with or who would be able to lend you money during a crisis.
- Contact the hotline or any shelter for help in safety planning and keep the hotline number with you at all time.

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## HOW TO PROTECT YOURSELF AT HOME

- Learn where to get help; memorize emergency phone numbers
- Install/increase outside lighting
- Insert a peephole in the door
- Keep a phone in a room you can lock from the inside; if you can, get a cellular phone that you keep with you at all times
- If the abuser has moved out, change the locks on your door; get locks on the windows
- Plan an escape route out of your home; teach it to your children
- Think about where you would go if you need to escape
- Ask your neighbors to call the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a particular shade is pulled down or a particular light is on
- Pack a bag with important things you'd need if you had to leave quickly; put it in a secret place, or give it to a friend or relative you trust
- In the bag, include cash, car keys and important information such as: court papers, passport or birth certificates, medical records and medicines, immigration papers
- Get an unlisted phone number; screen calls or block caller ID
- Use an answering machine; screen the calls
- Select a code word that alerts friends and neighbors to call the police

## HOW TO PROTECT YOURSELF OUTSIDE THE HOME

- Try to get rides with different people
- Shop and bank in a different place
- Cancel any bank accounts or credit cards you shared with the abuser; open new accounts at a different bank
- Put important papers such as birth certificates, social security cards, school records, immunization records in an immediately accessible location
- Keep your court order and emergency numbers with you at all times
- Keep a cell phone and program it to 911 (or other emergency number)
- Consider opening a free email account that your abuser doesn't know about, check from safe locations (library, school, friend's house)

## HOW TO MAKE YOURSELF SAFER AT WORK

- Tell your employer about your domestic violence situation and/or court order
- Keep a copy of your court order at work
- Give a picture of the abuser to security, supervisors and friends at work
- Ask a security guard to walk you to your car outside
- If the abuser calls you at work, save the voicemails
- If the abuser emails you at work, save the emails
- Screen your calls

## HOW TO MAKE YOUR CHILDREN SAFER

- Teach them not to get in the middle of a fight, even if they want to help.
- Teach them how to get to safety, how and when to call 911, and to give your address and phone number to the police
- Teach them who to call for help.
- Give the principal at school or the daycare center a copy of your court order
- Tell the school or daycare center not to release your children to anyone without talking to you first
- Use a password so the school or daycare center can be sure it is you on the phone
- Give the school or daycare center a photo of the abuser
- Make sure the children know who to tell at school if they see the abuser
- Make sure the school knows not to give your address or phone to ANYONE
- Make sure your children know not to go with anyone without talking to you first, even if they know the person.

## IF YOU ARE A VICTIM

- Find someone trustworthy who is willing to help.
- If you have been assaulted or abused in any way, report the incident to your local police immediately and keep a copy of every report made
- If you have been injured, seek immediate emergency medical care and take photographs of any injuries
- Make a safety plan
- If your safety is in jeopardy, seek safe, temporary housing through friends, family or an emergency shelter or safe home
- Seek an Order of Protection or an Injunction Against Harassment
- Save all documentation possible (such as a written journal, social security cards, birth certificates, school records, all legal documentation of the abuse, divorce papers, police reports, etc.)

If you or someone you know needs help with a domestic violence or sexual assault situation, please refer to the resources in this brochure. These valuable resources can assist with housing, economic, childcare, counseling and legal issues.

## SAFE AT THE COURTHOUSE

- Sit as far away from the abuser as you can; you don't have to look at or talk to the abuser or their family and friends
- Bring a friend or relative to wait with you until your case is heard
- Tell a bailiff, sheriff or security guard that you are afraid of the abuser and ask for security in the courtroom
- Ask the judge or the security guard to keep the abuser there for a while when court is over; leave quickly
- If you think the abuser is following you when you leave, call the police immediately
- If you have to travel to another state, take your protection order; it is valid everywhere

## POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one of more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violence attacks and allow the abuser to take control of the victim's life and circumstances.

The Power and Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his victim. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

This wheel was developed by the Domestic Violence Intervention Project of Duluth, MN and is reprinted with their permission.



DOMESTIC ABUSE INTERVENTION PROJECT  
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## CHILDREN IN VIOLENT HOMES

Children are often the indirect victims of domestic violence. Children in violent homes face the threat of witnessing traumatic events and the threat of direct abuse. The effects on children range from physical and emotional impairments to behavioral problems. A national survey found that 50% of men who frequently assaulted their wives also frequently abused their children. Children who witness domestic violence are more likely to exhibit physical and behavior problems and are more likely to attempt suicide, abuse drugs and alcohol, run away, engage in prostitution and commit sexual crimes, or become abusers themselves. For more information or to get help, please contact one of the agencies below.

Child Help USA/Child Abuse Hotline 1-800-422-4453

Girls and Boys Town National Hotline 1-800-448-3000

National Youth Crisis Hotline 1-800-442-4673

Parents Hotline of Arizona 1-800-352-0528

Child Advocacy Center 602-257-0335

## ORDERS OF PROTECTION

- For information on Orders of Protection, call 602-506-SELF (7353). Press 4, then 1, to learn about getting an order of Protection or injunction Against Harassment.
- If you receive an Order, keep your Order with you at ALL times and give copies to family, friends, schools, employers and babysitters.

## BATTERED IMMIGRANT WOMEN

Federal law specifically addresses the rights of battered immigrant women. If you are an immigrant in a domestic violence or sexual assault situation, please refer to the Immigrant Services resources listed in your county. You may also call 1-800-799-SAFE.

## ADDITIONAL RESOURCES

Community NeTwork for ACessing Shelter (CONTACS) is a service that provides information about emergency shelters and transitional housing bed availability for victims of domestic violence and their families, homeless individuals and families in Maricopa County. This call center operates 24 hours a day, 7 days a week. Participation in the project includes approximately 60 agencies, 35 of which are on-line with CONTACS. Spanish speaking operators and TTY capabilities are also available. The City of Phoenix Human Services Department coordinates and oversees CONTACS. For more information, please call 602-262-4520 or 602-256-4297.