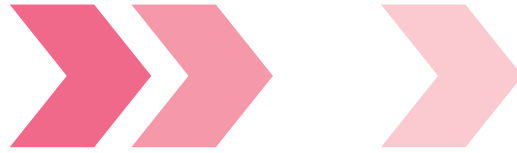




NOTE: Please do not print this page if it may put you or a loved one in danger.

SAFETY PLANNING



IF YOUR LIFE IS IN DANGER, YOU NEED TO HAVE A PLAN.

Whether you are attempting to leave a relationship or are in immediate danger, having a safety plan can make all the difference in the world.

KNOW HOW TO GET OUT WHEN YOUR LIFE IS IN DANGER

Safety planning when in an abusive relationship is an important and necessary step. A safety plan can help you when you are still in the relationship and trying to manage the situation, or after you have left and still fear that your abuser could come after you. Your safety is of the utmost importance and should be kept top of mind at all times.

Abusive relationships affect people of all ages. Even from a young age, it is important to know what to do to keep yourself safe and know how to get out if your life is in danger.

DURING AN EXPLOSIVE INCIDENT

If you are in a situation where your life is in immediate danger, **call 911.**

- If there is an argument, try to be in a place that has an exit and stay out of rooms such as kitchens, bathrooms, or other rooms that might have weapons.
- Practice getting out of your home safely beforehand so that you can identify which exit(s) to use.
- Have a packed bag ready at a friend or relative's house.
- Identify one or more neighbors who will call the police if a disturbance is coming from your home.
- Devise a code word or sign (such as turning on a particular light) to use with your children, family, friends and neighbors when you need them to call 911 for help from the police.

WHEN LEAVING A RELATIONSHIP

Leaving an abusive relationship is one of the bravest things you can do for yourself.

- Open a checking or savings account and a post office box in your own name.
- Leave money, a set of keys, copies of important documents, extra clothes and medicines in a safe place or with someone you trust.
- Identify a safe place where you and your children can go, or someone who can lend you money.
- Keep the Genesis Women's Shelter & Support 24-Hour Hotline number (214.946.HELP) and some change or a calling card with you for emergency phone calls.

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IN THE HOME

Your home should be the safest place in the world to you. Once you leave an abusive situation, you need to ensure you and your children are still safe.

- If you stay in your home, lock your windows and change locks on your doors as soon as possible.
- Develop a safety plan with your children for when you are not with them.
- Inform neighbors and the landlord that your partner no longer lives with you, and ask them to call the police if they see him near your home.
- Never call the abuser from your home; he may find out where you live.
- Never tell the abuser where you live.
- Request an unlisted/unpublished phone number from the telephone company.

IN PUBLIC SPACES

Even after you leave a relationship, you need to take precautions to keep yourself safe at work, with friends or family, or anywhere else your abuser might find you.

- Identify people at work you can trust to talk about your situation.
- Inform the office building security and provide them with a picture of your abuser, in the event that he harasses you at work.
- When at work, have someone screen your telephone calls, if possible.
- Have someone escort you to and from your car, the bus, or the train if you ever feel threatened.
- Try to use a variety of routes to come and go from home.
- Do not post your activities on social media or anywhere that your abuser might be able to see what you are up to.

If you are in an abusive relationship, call our 24-hour hotline at
214.946.HELP (4357).

One of our counselors can work with you to create a safety plan personalized to your needs. All our services are free and confidential.



www.genesisshelter.org



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SAFETY CHECKLIST

If you are considering leaving an abusive relationship, you need to plan ahead by storing the following items in a safe, accessible place, but remember that your safety should come first. All of these items can be replaced if you have to leave them behind in order to get out safely.

IDENTIFICATION

- Driver's license
- Birth certificate (yours and your children's)
- Social Security cards

FINANCIAL

- Money
- Credit cards (only if they are in your name)
- Checking and savings account books and information

LEGAL PAPERS

- Protective order
- Lease/rental agreements, and/or house deed
- Car insurance and registration
- 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

VALUABLES

- Jewelry
- Address book
- Pictures
- Keepsakes

OTHER

- Medications
- House and car keys
- Change of clothes for you and your children