

KEEP YOUR CHILDREN SAFE

- ❖ Tell the school principal, day care director, or anyone else that cares for your children not to release your children to ANYONE except you. Give them a copy of your court order.
- ❖ Make sure the children know who to tell at school if they see the abuser.
- ❖ Make sure the school and child care know not to give your phone number or address to ANYONE.

AT THE COURTHOUSE...

- ❖ Sit as far away from the abuser as you can.
- ❖ Contact your local domestic violence agency and ask for someone to go to court with you.
- ❖ Tell a sheriff or the judge's clerk that you are afraid of the abuser and ask him/her to look out for you.
- ❖ Make sure you have your court order before you leave.
- ❖ Ask the judge or the sheriff to keep the abuser in the courthouse for awhile when the hearing is over so you can leave quickly without fear of being followed.
- ❖ Call the police if you think the abuser is following you.

IN AN EMERGENCY...

- ❖ Call 9-1-1 right away for help; get the dispatcher's name.
- ❖ Run to a neighbor or friend for help.
- ❖ If police officers come, tell them what happened; get the police officers' names and badge numbers.

ALSO IMPORTANT...

- ❖ Keep a journal. Write down all violent incidents. Include dates, times, witnesses, and descriptions of what happened. Include threats and stalking. Keep the journal with you.
- ❖ If you are hurt, get medical help.
 - Take pictures of your injuries or bruises.

*adapted in part from *Domestic Violence Safety Plan: Safety Tips for You and Your Family*, a joint project of the American Bar Association Tort Trial and Insurance Practice Section and the ABA Commission on Domestic Violence.

Safety Planning Tips

In an Emergency, call 9-1-1

*For Support and Resources
call Philadelphia's Domestic
Violence Hotline at
1-866-723-3014*



125 S. 9th Street, Suite 300
Philadelphia, PA 19106
Tel: 215-928-9801
www.womenslawproject.org

Keep Yourself Safe

- ❖ Contact resources in your community for help.
 - If you live in the Philadelphia call the Domestic Violence Hotline: **1-866-723-3014**
 - National Domestic Violence Hotline: **1-800-799-7233**
- ❖ Memorize emergency phone numbers.
- ❖ Keep a cell phone with you and program **9-1-1** in your phone.
- ❖ Ask your neighbors to call **9-1-1** if they see the abuser at your home.
- ❖ Establish a signal so friends/neighbors know when to call for help for you.
 - For example, pulling a shade down or turning a light on & off.
- ❖ File for a **Protection from Abuse** order.
- ❖ If you have a **Protection from Abuse** order, keep it with you at all times.



IF YOU ARE STILL IN AN ABUSIVE RELATIONSHIP...

- ❖ Plan an escape route out of your home in case your partner is violent.
- ❖ Think of places to go if you need to escape from your home.
- ❖ Pack a bag with important items in case you need to escape your home.
 - Keep this bag in a safe place or give it to a friend you trust.

IF YOU HAVE LEFT AN ABUSIVE RELATIONSHIP...

- ❖ Avoid staying home alone.
- ❖ Cancel shared credit cards or bank accounts.
 - Choose a new bank and open a new account!
- ❖ Change the locks on the doors.
- ❖ Change your phone number.
 - Make the new one unlisted!
- ❖ Screen your calls using caller ID and/or an answering machine.
- ❖ Vary your daily routine to make it difficult for an abuser to follow you.

- ❖ Get steel doors instead of wood doors.
- ❖ Get outside lighting.
- ❖ Get window bars and electronic sensors.
- ❖ Get smoke detectors.
 - Make sure they work!
- ❖ Place a fire extinguisher on every floor of your home.
- ❖ If you must meet the abuser, do it in a public location.
- ❖ Inform friends and people at work and school about the abuser in case the abuser tries to use them to get in contact with you or your children.

