

I. SAFETY DURING AN EXPLOSIVE INCIDENT

- A. If there is an argument, try to be in a room or area where you have access to an exit. Try to stay away from the bathroom, kitchen, bedroom or anywhere else where weapons might be available.
- B. Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.
- C. Have a packed bag ready and keep it at a relative's or friend's home in order to leave quickly.
- D. Identify one or more neighbors you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- E. Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- F. Decide and plan where you will go if you have to leave home (even if you don't think you will need to).
- G. Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself until you are out of danger.
- H. Always remember – ***YOU DON'T DESERVE TO BE HIT OR THREATENED!***

II. SAFETY WHEN PREPARING TO LEAVE

- A. Open a checking/savings account and/or a credit card in your own name to start to establish or increase your independence.
- B. Leave money, an extra set of keys, copies of important documents, extra medicines and clothes with someone you trust so you can leave quickly.

- C. Determine who would be able to let you stay with them or lend you some money.
- D. Keep the shelter or hotline phone number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- E. Have a safe place to leave your pets.
- F. Review your safety plan as often as possible in order to plan the safest way to leave your batterer. **REMEMBER - LEAVING YOUR BATTERER IS THE MOST DANGEROUS TIME.**

III. SAFETY IN YOUR OWN HOME

- A. Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- B. Discuss a safety plan with your children for when you are not with them.
- C. Inform your children's school, daycare, etc., about who has permission to pick up your children.
- D. Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him near your home.
- E. If you have left the abuser, do not call the abuser from your home. This may give the abuser the opportunity to find out where you live.
- F. Request an unlisted / unpublished number from your telephone company.

IV. SAFETY WITH A PROTECTIVE ORDER

- A. Keep your protective order on you at all times.
- B. Have you included your pets in your Protective Order?
- C. Call the police if your partner breaks the protective order.

- D. Think of alternative ways to keep safe if the police do not respond right away.
- E. Inform family, friends, neighbors and your physician or health care provider that you have a protective order in effect.

V. SAFETY ON THE JOB AND IN PUBLIC

- A. Decide who at work you will inform of your situation. This should include office or building security. Provide a picture of your batterer if possible.
- B. Arrange to have an answering machine, caller ID, or a trusted friend or relative screen your telephone calls if possible.
- C. Devise a safety plan for when you leave work. Have someone escort you to your car or bus and wait until you are safely en route. Vary your routes to go home. Think about what you would do if something happens while going home (i.e., in your car, on the bus, etc.).

VI. YOUR SAFETY & EMOTIONAL HEALTH

- A. If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- B. If you have to communicate with your partner, determine the safest way to do so.
- C. Have positive thoughts about yourself and be assertive with others about your needs. Read books, articles, and poems to help you feel stronger.
- D. Decide who you can call to talk freely and openly to give you the support you need. Maybe a support group would be helpful.

**CHECKLIST – WHAT YOU NEED TO TAKE
WHEN YOU LEAVE:**

IDENTIFICATION

- _____ Drivers license
- _____ Children’s birth certificates
- _____ Your birth certificate
- _____ Social security card
- _____ Welfare identification

FINANCIAL

- _____ Money and/or credit cards
- _____ Bankbooks
- _____ Checkbooks

LEGAL PAPERS

- _____ YOUR PROTECTIVE ORDER
- _____ Lease, rental agreement, house deed
- _____ Car registration & insurance papers
- _____ Health and Life Insurance papers
- _____ Medical records for you and children
- _____ Work permits/Green card/VISA
- _____ Passport
- _____ Divorce papers
- _____ Custody papers
- _____ Marriage License

OTHER

- _____ House and car keys
- _____ Medications
- _____ Pet arrangements
- _____ Small saleable objects
- _____ Address book
- _____ Phone card
- _____ Pictures of you, children & your abuser
- _____ Children’s small toys
- _____ Toiletries/diapers
- _____ Change of clothes for you and your kids

PERSONAL SAFETY PLAN



**San Antonio
Police Department**

**YOU HAVE A
RIGHT TO BE
SAFE!**

<http://www.sanantonio.gov/sapd/victims.asp>

(210) 207-2141

May 2014

For more information/assistance call:

Victims Advocacy	(210)207-2141
Central Substation	(210)207-4013
East Substation	(210)207-2062
West Substation	(210)207-7916
North Substation	(210)207-8129
South Substation	(210)207-8701

Battered Women’s Shelter	733-8810
Family Justice Center	631-0100

24/7 National Domestic Violence Hotline
1-800-799-SAFE

San Antonio Police Department
Victims Advocacy Office
315 So. Santa Rosa
San Antonio, Texas 78207

