

## Safety On The Job

- ◆ Give a picture of the abuser to Security and co-workers.
- ◆ Arrange to have someone screen your telephone calls if possible.
- ◆ Create a safety plan for when you leave work. Ask someone to walk you to your car or to the bus. Don't go to lunch alone. Think about what you would do if something happened while going home.
- ◆ Your employer may help you find assistance in your community.

## Children's Safety

- ◆ Teach them not to get in the middle of a fight; they could get hurt.
- ◆ Teach them how to get to safety, to call 911, to give your address and phone number to the police.
- ◆ Give the principal at school or the daycare center a copy of your court order. Tell them not to release your children, address, or phone number to anyone without your consent. Give them a picture of the abuser.
- ◆ Make sure the children know who to tell at school if they see the abuser.

## Checklist

### *What to take when you leave*

- |  |   |
|--|---|
| <input type="checkbox"/> Identification            | <input type="checkbox"/> Driver's license   |
| <input type="checkbox"/> Child's birth certificate | <input type="checkbox"/> Money              |
| <input type="checkbox"/> Your birth certificate    | <input type="checkbox"/> Checkbook          |
| <input type="checkbox"/> Lease, house deed         | <input type="checkbox"/> Address book       |
| <input type="checkbox"/> Insurance papers          | <input type="checkbox"/> Pictures           |
| <input type="checkbox"/> Medications               | <input type="checkbox"/> Medical records    |
| <input type="checkbox"/> House and car keys        | <input type="checkbox"/> School records     |
| <input type="checkbox"/> Social security card      | <input type="checkbox"/> Work permits       |
| <input type="checkbox"/> Welfare identification    | <input type="checkbox"/> Passport           |
| <input type="checkbox"/> Green card                | <input type="checkbox"/> Jewelry            |
| <input type="checkbox"/> Divorce papers            | <input type="checkbox"/> Child's small toys |
| <input type="checkbox"/> Other                     |   |

*You are not alone.  
There is help available.*

For more information, contact:

**The Laurel Center**  
**Hotline: 540-667-6466**  
**Office: 540-667-6160**

or

Virginia Family Violence  
& Sexual Assault Hotline  
1-800-838-8238 (V/TTY)

[www.thelaurelcenter.org](http://www.thelaurelcenter.org)



THE  
*Laurel*  
CENTER  
*Intervention for Domestic and Sexual Violence*  
*formerly The Shelter for Abused Women*

## Safety Planning

*Safety Tips For You and Your Family*

P.O. Box 14  
Winchester, VA 22604  
540-667-6466 Hotline  
540-667-6160 Office  
1-866-670-2942  
540-667-0138 Fax  
TTY Available



*Whether or not you are ready to leave an abuser, there are steps you can take to increase safety for you and your family.*

## In An Emergency

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

- ◆ Stay away from the kitchen, many kitchen items can be used as weapons.
- ◆ Stay away from the bathrooms, closets or small spaces where you can become trapped.
- ◆ Get to a room with a phone to call for help, lock the door behind you if possible.
- ◆ Invent a code word or signal to use with your children, family, friends, or neighbors when you need the police.
- ◆ Trust your instincts. In a dangerous situation, consider giving the abuser what they want to calm them down. You have to protect yourself until you are out of danger.
- ◆ Call 911.
- ◆ Get medical help.
- ◆ Call your local domestic violence program or shelter.

## Safety When Leaving

- ◆ Pack a bag with important papers, money, an extra set of keys, and extra clothes. Put it in a safe place or give it to someone you trust.
- ◆ Determine a safe place to stay, or call your local domestic violence shelter.
- ◆ Open a savings or checking account in your own name to increase your independence.
- ◆ Keep some change or a calling card on you at all times for emergency phone calls.
- ◆ Review your safety plan as often as possible in order to plan the safest way to leave your abuser.

## Safety In Public

- ◆ Pay attention to your surroundings.
- ◆ Change your travel habits.
- ◆ Shop and bank in different places.
- ◆ Cancel any shared bank or credit card accounts.
- ◆ Keep your court order and emergency numbers with you at all times.
- ◆ Carry a cell phone if possible.

## Safety In Your Home

- ◆ Memorize emergency phone numbers.
- ◆ Keep a phone in a room you can lock from the inside; if you can, get a cell phone to keep with you at all times.
- ◆ Change the locks on the door.
- ◆ Plan an escape route out of your home. Practice it with your children.
- ◆ Think about where you would go if you need to escape.
- ◆ Discuss a safety plan with your children.
- ◆ Get an unlisted phone number.
- ◆ Get a Post Office Box.
- ◆ Block caller I.D. by dialing \*67 before making a call.
- ◆ Use an answering machine to screen calls.
- ◆ Take a good self-defense course.



Confidence.