

Safety for my children:

I can/I will:

- develop a safety plan with my children (who, where, what);
- teach my children to call 911;
- apply for full legal custody;
- talk to my children about having code words;
- discuss an emergency plan with those who supervise my children;
- give copies of court orders (custody, Orders of Protection, visitation) to my children's caretakers, school and/or daycare.

Safety in my home:

I can/I will:

- change the locks on my windows and doors;
- notify my landlord or neighbors of the situation and ask them to call the police if necessary. I can call _____;
- talk to advocates about changes I can make to my home including installing outdoor lights and a security system;
- keep my curtains and shades drawn;
- ensure my smoke/carbon monoxide detectors are working properly;
- purchase a locked mailbox;
- screen calls with voicemail or block calls/texts from unwanted numbers.

Safety at work and in public:

I can/I will:

- always carry a cell phone;
- put 911 on speed dial (a cell phone without minutes will still be able to call 911);
- choose to avoid being alone in public;
- vary my daily routine;
- inform my boss at work of the situation;
- drive to a police station if I am being followed;
- ask the driver for help if a problem occurs on public transportation;
- yell "FIRE" instead of "HELP" to attract more attention in an emergency situation.

Important items checklist:

- identification
- birth certificates
- social security cards
- money
- benefit card
- court documents
- ownership papers (house, car, etc.)
- insurance policies
- credit and debit cards
- passport/green card
- items of special sentimental value
- other: _____

**We are always here to talk.
Remember you are not alone.
Support is available.**

**24 Hour Hotline
716-884-6000**

Haven House can help with:

- emergency shelter
- individual counseling
- support groups
- police and court advocacy
- information and referrals to community resources
- parenting support
- economic empowerment

Haven House serves people of all racial and cultural backgrounds, religions, sexual orientations, gender identities and citizenship.

SAFETY PLAN HAVEN HOUSE

**Everyone has the right to
live without violence.**

**Haven House
24 Hour Hotline
716-884-6000
Police- 911**

c&fs

Child and Family Services

Remember: you are the expert of your situation. Use these tips only if you feel safe doing so.

Safety during an explosive incident:

I can/I will:

- call the police (911);
- know the emergency exits from my home _____;
- practice how to get out of my home from both the first and second floor;
- ask _____ to call 911 if they hear abuse;
- use a code word with _____ to ask for help;
- if an incident cannot be avoided, I can move to a lower-risk space such as _____
(avoid kitchens and bathrooms);
- you are the expert. In some dangerous situations, it may be safest to give an abusive partner what they want to calm them down;
- be aware that alcohol and drugs may escalate the incident as well as delay my reaction time;
- be aware that my clothing may impact my ability to move freely.

Safety and the police:

I can/I will:

- ask the police for a Domestic Incident Report (DIR);
- ask about my option to press charges;
- think of alternative ways to keep safe if the police do not respond immediately;
- ask for the responding officer's name and badge number;
- ask the police for assistance calling a domestic violence hotline;
- ask for assistance in transporting me to a safe location.

If I am thinking about leaving:

I can/I will:

- have an emergency bag containing important items such as medication, clothing, keys and cash. I can keep the bag safe and hide it _____;
- open a bank account or credit card in only my name using a confidential address;
- get a P.O. Box to privately receive mail;
- count on _____ if I need to leave quickly;
- keep a journal of abuse including dates, times and locations of incidents. The record of the abuse can include any pictures of the injuries, threatening texts/posts and/or emails;
- call the Haven House hotline for safe shelter for myself and my children;
- make arrangements for my pets.

**Leaving can be the most dangerous time.
I can review my safety plan often!**

Orders of Protection (OP):

I can/I will:

- petition Family Court for an OP, with or without criminal charges;
- press criminal charges with the police and ask about how to obtain an OP;
- keep a copy of my OP with me at all times;
- file a copy of my OP with my local police department;
- give people I trust a copy of my OP;
- if the OP is violated, call the police and ask for my abusive partner to be arrested;
- if the OP is from Family Court and is violated, go to Family Court and file a violation of the OP.

Safety for my emotional health:

I can/I will:

- plan to _____ to feel stronger;
- plan to _____ if I feel depressed or I am thinking about returning to an abusive partner;
- call _____ for support;
- use these tools _____
_____ if I am in communication with my abusive partner to stay safe.

No one deserves to be abused!

Technology safety:

I can/I will:

- be aware that my personal information may not be secure;
- ensure that I understand the security features of my cell phone;
- check the privacy settings of my social media accounts;
- have a prepaid phone that my abusive partner is not aware of;
- change my passwords often;
- cover my webcam with a piece of tape;
- turn off the location on my cell phone;
- use an electronic device that my abusive partner has never had access to, such as computers at the library or at work;
- be aware of possible GPS tracking or hidden cameras in my home and car; (NOTE: Alert police if one is found before you remove it);
- get more information on tech safety by going to techsafety.org or by calling New York State Domestic and Sexual Violence Hotline 1-800-942-6906.