

### FOR MY CHILDREN, I WILL:

- Tell their school and/or Day Care who is allowed to pick them up
- Copy my custody papers and my Order of Protection and leave a copy with some one in charge at school and/or Day Care
- Practice our escape plan
- Teach them to remain calm in a crisis situation and how to call the police
- Limit my children's knowledge of hiding places and details to prevent them from accidentally telling the abuser

### I KNOW THAT:

- The safety of myself and my children comes before anything else
- The abuse is not my fault
- I do **NOT** deserve to be abused
- Through the support of community agencies, friends and family, I can help end the abuse

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### Local Offices

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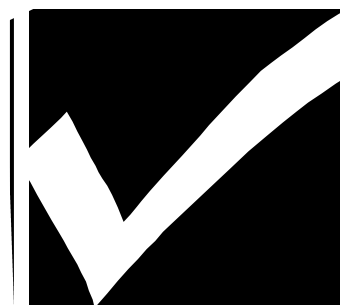
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# WEST TENNESSEE LEGAL SERVICES

# Domestic Violence Safety Checklist



This project is funded under an agreement with the Department of Finance and Administration, Office of Criminal Justice Programs.

This fact sheet is not meant to take the place of legal advice.

If you have a legal problem, consult a private attorney or call your local Legal Services Office.

# DOMESTIC VIOLENCE SAFETY CHECKLIST ✓

## I HAVE MADE MY HOME AS SAFE AS POSSIBLE BY:

- Changing locks and adding deadbolts
- Hiding sharp objects and weapons
- Making telephones accessible

## I HAVE PLANNED AND REHEARSED AN ESCAPE ROUTE FOR ME AND MY CHILDREN BY:

- Deciding where we will go in an emergency
- Showing the children what to do if the Batterer breaks in, or comes to their school or day care
- Teaching the children to call the police and safe relatives

## I HAVE PACKED AN EMERGENCY BAG AND HIDDEN IT. MY EMERGENCY BAG INCLUDES:

- Money; cash and change for phone calls
- Clothing for me and my children
- Personal care products like diapers, medicine
- Copies of Court Documents such as my Order of Protection, divorce decree, and custody papers
- Important Documents such as birth certificates, medical records, bank records, insurance, etc...
- Extra keys to the car and house/apartment
- Telephone and address books with shelter and counselors numbers, safe friends and relatives
- My notebook or diary



## I HAVE EXPLAINED MY SITUATION, AND DEVELOPED CODE WORDS AND PHRASES FOR \_\_\_\_\_ TO CALL POLICE. I HAVE SHOWN THEM PICTURES OF THE ABUSER AND HIS VEHICLE:

- Children
- Relatives
- Neighbors
- Co-Workers
- Friends
- Children's School
- Children's Day Care

## I WILL CALL THE POLICE IF THE BATTERER:

- Contacts me
- Threatens me
- Follows me
- Calls me
- Has someone else follow me

## I WILL KEEP ACCURATE RECORDS & PHOTOS OF EVENTS IN A NOTEBOOK OR DIARY OF DATES AND TIMES OF:

- Conversations
- Episodes of violence
- Attempts at contact, answering machine tapes, photos of caller ID displays



## I WILL GET A SAFE PLACE TO HIDE:

- My emergency bag
- Copies of all important papers
- Extra Money
- Evidence, such as photos and notebook
- Extra sets of keys
- Photos of injuries, damage, Caller ID displays
- Answering machine tapes of calls and threatening messages

## I WILL:

- Practice my escape plan with my children
- Be aware of my surroundings
- Be prepared and alert when walking to and from my car and home
- Stay calm in a panic situation
- Locate police stations and safe places, know where to go if someone is following me
- Keep plenty of gas in my car
- Always put my keys and purse in the same place so I know right where they are in a crisis
- Carefully consider which people will help me in a crisis
- Use my judgment and intuition. I will protect myself and my children, until we are out of danger then I will get help
- When I feel down and ready to return to an abusive situation, I will call \_\_\_\_\_ for support

