

Safety & Well-being for Domestic Violence

Personal safety plan

No one has the right to physically or emotionally hurt you or your child. Reaching out is an important step. Making a decision about leaving can be very difficult and may take time for you to feel ready. Remember: Leaving can be the most dangerous time. Review your safety plan often. Please don't forget ... abuse is never acceptable. You don't "ask for it" and it's not caused by alcohol, drugs, financial pressure, depression or jealousy. It is someone's misuse of power and control.

Some signals (in the abuser) of increasing danger

- Obsession – saying they can't live without you
- Depression and talk of suicide
- Threats to kill you, your children or your relatives
- Kidnapping attempts on you or your children
- Threats of homicide or suicide
- Increased violence or severe incidents of abuse
- Possession of weapons or threats to use them
- Increased use of drugs or alcohol; unemployment
- Unpredictable changes in behavior

Safety during explosive incident

- Avoid rooms without exits (bathrooms, bedrooms) or that contain hard surfaces or weapons (kitchen)
- Know where weapons (guns, knives) are kept
- Make habit of backing car into driveway, keeping it fueled
- If attacked, curl up in a ball and protect head

Increasing my safety in the relationship

- If I leave home because of violence, I could go to three places: shelter, family, friend
- If I am thinking of leaving or returning, I will discuss my plan with someone I trust to support me
- I will find a person or place where I can leave extra money, car keys, clothes, photo ID and copied documents
- I will be aware of possible tracking on my car, phone and computer; I will consider using a public computer
- I will talk to my health provider about how this abusive relationship may be affecting my health (chronic stress, depression, injury, pregnancy risks, STD, pain)

Safety of children

As violence increases toward you, it may also increase toward the children. The risk for abduction, suicide and homicide increases.

I will teach my children ...

- Don't open the door
- A code word if I want them to call 911
- How to call 911 and give address or location
- To leave the home and get help if the abuser shows up
- If attacked, curl up in a ball and protect head
- Do not get in the middle of fight, even if you want to help

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Help is available ... call

Emergency 911
Community Information
Line 414-773-0211

24/7 Confidential Hotlines

Domestic Violence
Crisis Hotline 414-933-2722
Sexual Assault and
Domestic Violence
Hotline 414-219-5555

Shelter

Sojourner Truth
House 414-933-2722
Milwaukee Women's
Center 414-671-6140

Batterers Intervention Program

Alma Center 414-265-0100
BA Beyond Abuse 414-276-1911

Advocacy

Aurora Healing & Advocacy
Services 414-219-5555
The Asha Project 414-252-0075
Hmong American Women's
Association 414-930-9352
Latina Resource
Center/UMOS 414-389-6500
Safe Mom
Safe Baby 414-219-5909

Sojourner Family Peace Center

D.A.'s Office 414-810-3451
Restraining
Order Clinic 414-278-5079
Advocacy &
Support 414-276-1911

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Preparing to leave

I will try to keep a cell phone with me at all times; open my own savings account; rehearse my escape plan with my children and review my emergency plan weekly. If I leave, I will use this checklist:

- | | |
|--|--|
| <input type="checkbox"/> Identification | <input type="checkbox"/> Divorce papers |
| <input type="checkbox"/> Birth certificates | <input type="checkbox"/> Restraining order |
| <input type="checkbox"/> Social Security Card | <input type="checkbox"/> Insurance papers |
| <input type="checkbox"/> Money, credit cards,
ATM card, bankbooks | <input type="checkbox"/> Driver's license, car title |
| <input type="checkbox"/> Keys (house, car, office) | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Lease/rental agreement, house
deed, current unpaid bills | <input type="checkbox"/> Assistive devices |
| <input type="checkbox"/> Work permits | <input type="checkbox"/> Address and phone book |
| <input type="checkbox"/> Passports/Green Card | <input type="checkbox"/> Toys, blankets, diapers,
underwear |
| | <input type="checkbox"/> Items of sentimental value |

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ATM card, bankbooks | <input type="checkbox"/> Driver's license, car title |
| <input type="checkbox"/> Keys (house, car, office) | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Lease/rental agreement, house
deed, current unpaid bills | <input type="checkbox"/> Assistive devices |
| <input type="checkbox"/> Work permits | <input type="checkbox"/> Address and phone book |
| <input type="checkbox"/> Passports/Green Card | <input type="checkbox"/> Toys, blankets, diapers,
underwear |
| | <input type="checkbox"/> Items of sentimental value |

When the relationship is over

I will make my home/work safe and secure ...

- Install security system, smoke detectors, outside lighting system
- Change locks, reinforce doors and windows
- Tell my neighbors that my partner no longer resides with me and to call the police if he is seen near my residence
- Tell teachers, child care providers and family members who does not have permission to pick up my children
- Tell my supervisor about my situation, ask that my calls be screened and that no information be given out about me
- Rent a post office box for mail
- Insist on a busy public place to exchange children
- Avoid places where my abuser could find me
- Get a restraining order by calling the local courthouse
- Keep a copy of my restraining order with me at all times; the local police department will also have a copy
- If I need support to stay out of the abusive relationship, I will call a friend or community agency

When the relationship is over

I will make my home/work safe and secure ...

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- Change locks, reinforce doors and windows
- Tell my neighbors that my partner no longer resides with me and to call the police if he is seen near my residence
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