

Safety tips

During an explosive incident:

- Know your escape route
- Know where you are going
- Trust your judgment
- Don't announce you are leaving
- Keep necessary items close by

When preparing to leave:

- Have a safe place to stay
- Make a personalized safety plan with an advocate
- Open a saving account at a separate bank using a trusted friend's address and phone number
- NEVER fill out a change of address form; the postal service will verify your new address at your old address
- LEAVING IS THE MOST DANGEROUS TIME, plan, plan, plan and communicate those plans with someone you trust.

While living on your own:

- Upgrade your security system
- Revise your safety plan to accommodate your new life
- Use a cell phone only; house phones are easier to track
- Clear away brush and debris from around your house to avoid creating dark "hiding places"
- Talk to neighbors/landlords about your situation
- Familiarize yourself with your neighborhood so you can get to safety fast.

If you have a protective order:

- Keep a copy of your order with you at all times; store copies in your house, car, at work, and with child-care providers
- CALL THE POLICE if the order is violated!
- If you have moved to a new community, notify your local police that a protective order is in place. Have them keep a copy of the order on file.
- Have a P.O. Box address for mail and try to keep physical address off public forms.
- Have a solid safety plan. A protective order is only a piece of paper, plan, plan, plan.

For more information call

Standing Together Against Rape 907-276-7273
 Abused Women's Aid in Crisis 907-272-0100
 National Hotline 1-800-799-SAFE
 (7233)

Everyone deserves to live free from fear and violence.

Safety planning

➡ If I quickly need to leave my home, I will go to:

_____ (friend's house, fire/police station, gas station)

➡ I will call _____ to explain my plan. The number to call is _____.

➡ From now on, I will always put my keys, purse, and cell phone _____ so I can grab them and go in an emergency.
 (by the front door, on a table next an exit)

➡ Places open 24 hours in my neighborhood are: _____ & _____.

➡ I can store an emergency bag _____ (in my car, at a friend's house, at work)

➡ I can create a code word for my family to let them know to call the police. The code word I will use is: _____
 (Purple- Sara, where are you purple shoes?)

➡ I will make copies of important documents and store them: _____ (at work, parent/friend's house, safety deposit box)

➡ If I am in a confrontation at my house, I will move the argument to: _____ where there is an exit and a phone. I will avoid areas like the kitchen or garage where there are potential weapons and bathrooms with no exits.

➡ If I am feeling vulnerable, I will use this "power phrase" _____ (I deserve better; I will not be controlled; I am a strong person)

➡ In my personal bag I will store:

- | | |
|--|---|
| <input type="checkbox"/> Identification cards | <input type="checkbox"/> Cash |
| <input type="checkbox"/> Doses of medication | <input type="checkbox"/> Recent family photo |
| <input type="checkbox"/> Cell phone/charger | <input type="checkbox"/> Warm clothing |
| <input type="checkbox"/> Protective order | <input type="checkbox"/> Snacks/water |
| <input type="checkbox"/> Emergency contact numbers | <input type="checkbox"/> House/car keys |
| <input type="checkbox"/> Small children's toys | <input type="checkbox"/> Jewelry you can sell |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

➡ Copies of Important Legal Documents:

- | | |
|--|--|
| <input type="checkbox"/> Marriage and birth certificates | <input type="checkbox"/> Lease/house deeds |
| <input type="checkbox"/> Child custody documents | <input type="checkbox"/> Work permits |
| <input type="checkbox"/> Health and Auto insurance cards | <input type="checkbox"/> School records |
| <input type="checkbox"/> Bank account information | <input type="checkbox"/> _____ |

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Crisis Line 276-7273

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