

## HELPFUL ITEMS TO TAKE WHEN YOU LEAVE (If Available)

Driver's License or other Identification  
Birth Certificates for you/children  
Social Security Cards  
School/health records for you/children  
Passports, work permits, green card, VISA  
DHS paperwork  
Medical insurance information  
Money  
Bank Account information  
Checks, credit/debit cards  
Order of Protection  
Divorce/Custody orders  
Car registration/insurance papers  
Clothes for you/children  
Medication for you/children  
Lease/rental agreement, deed, mortgage information  
Pictures or other sentimental items  
Children's favorite toys/blankets  
Jewelry  
Address book

LAET's offices are open from 8:30 a.m. to 5:00 p.m. Monday through Friday.

### Knoxville Area

Knoxville, TN 37902 (865) 637-0484 Fax (865) 525-1162	Knoxville FJC Knoxville, TN 37915 (865) 215-6830
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Maryville, TN 37804  
(865) 981-1818

### Tri-Cities

Sullivan Family Justice Center Blountville, TN 37617 (423) 574-7233	Johnson City, TN 37604 (423) 928-8311 Toll Free (800) 821-1312
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Morristown Morristown, TN 37814 (423) 587-4850 (800) 821-1309	Johnson City FJC Johnson City, TN 37604 (423) 722- 3720
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### Chattanooga Area

Chattanooga, TN 37402 (423) 928-8311 (800) 572-7457	Chattanooga FJC Chattanooga, TN 37402 (423) 643-7600
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Erlanger Health Law Partnership Chattanooga, TN 37403 (423) 778-7807 <i>Erlanger patients only/ funding restrictions</i>	Cleveland Cleveland, TN 37311 (423) 303-2266 (800) 572-7457
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Linea Gratis en Español 1 (866) 408-6573

No person in the United States shall, on the grounds of race, color, or national origin, be denied the benefits of, or be subjected to discrimination under, any program or activity receiving federal financial assistance.

This pamphlet is intended for general information only. The circumstances of every case are different and need to be dealt with on a case-by-case basis. This is not a substitute for the advice of a lawyer. Also, the law may change and may be different from county to county. F9 03/20



# SAFETY PLANNING

**THE TIME YOU LEAVE IS THE MOST DANGEROUS. YOU CAN BE SAFER WITH CAREFUL PLANNING.**



**Serving Bledsoe, Bradley, Blount, Carter, Cocke, Grainger, Greene, Hamblen, Hamilton, Hancock, Hawkins, Jefferson, Johnson, Knox, Loudon, Marion, McMinn, Meigs, Monroe, Polk, Rhea, Sequatchie, Sevier, Sullivan, Unicoi and Washington Counties.**

## **SAFETY DURING A VIOLENT INCIDENT**

- If an argument is unavoidable, stay in a room with an exit that has the lowest risk for injury or weapons, and try to keep the abuser from blocking the exit. Avoid the kitchen.
- Have easy access to phones for you and/or the children to call for help.
- Use a code word/phrase for children, family or friends to alert them to call the police.
- Ask neighbors to contact police if they hear suspicious noises.
- Practice how to escape the home quickly.
- Have an emergency bag for you and your children already packed or at a safe location.
- Use your instincts and as much as possible, give the abuser what he/she wants to calm down the situation.

## **SAFETY WHEN PREPARING TO LEAVE**

- Open a separate bank account in your name only.
- Leave copies of keys, spare money, important documents, extra medicine and clothes with a person you trust.
  - Keep cell phones charged and with you at all times in case you need to call for help. Have important phone numbers (shelters/hotlines/etc.) with you.
  - Find out which safe family/friends will let you/your children stay with them if you leave the abuser.

## **SAFETY AT YOUR HOME/JOB/IN PUBLIC**

- If you move, get a Post Office box to keep your new address a secret.
- Change the locks on your doors/windows and replace broken/weak doors & windows.
- Make sure the children cannot reach the locks or let the abuser into the house.
- Discuss your safety plan with your children, neighbors, supervisors at work, and any security officers.
- Change your phone numbers or get a tape recorder/answering machine/caller ID to record calls or messages from the abuser. Have someone screen your calls.
- Notify the school/daycare that your children attend about who is/is not allowed to pick up the children.
- Park your car backed into the driveway/parking spot to exit quickly.
- Call 911 if you are being followed and let the police come to you. Stay on the phone with the dispatcher until the police arrive.
- Change the routes you travel when leaving or heading to home/work.
- If in a public place and your abuser is there, notify an employee/security officer of the situation and ask for assistance.

## **SAFETY WITH AN ORDER OF PROTECTION**

- Keep your Order of Protection with you at all times.
- Give copies of the Order to your landlord, supervisor at work, children's school, police department or whoever you choose.
- If the abuser violates the Order, you should contact the police then your court advocate/attorney, and/or the court.
- Keep in mind the safety planning you have done to keep you safe in case the police are slow in responding.
- Keep a journal of all dates, times, witnesses' information & any pictures or other proof you have of the violations in a safe location.