

Domestic Violence: Safety Plan



OUR ATTORNEYS HELP SOLVE CIVIL LEGAL PROBLEMS AT NO
COST FOR STRUGGLING INDIVIDUALS AND FAMILIES.

BECAUSE NO ONE SHOULD HAVE TO FACE A LEGAL PROBLEM ALONE.



**SCAN
ME!**

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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

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 MONDAY THROUGH FRIDAY FROM 8:30 AM TO 5:00 PM

GENERAL OFFICES

Providing civil legal assistance to East Tennessee residents

CHATTANOOGA

(423) 756-4013
(800) 572-7457

JOHNSON CITY

(423) 928-8311
(800) 821-1312

CLEVELAND

(423) 303-2266
(800) 572-7457

KNOXVILLE

(865) 637-0484

MORRISTOWN

(423) 587-4850
(800) 821-1309

MARYVILLE

(865) 981-1818

FAMILY JUSTICE CENTERS

Providing legal help for those in abusive, violent, and trafficking situations

BRANCH HOUSE - THE FAMILY JUSTICE CENTER OF SULLIVAN COUNTY

(423) 574-7233

JOHNSON CITY / WASHINGTON COUNTY FAMILY JUSTICE CENTER

(423) 722-3720

CHATTANOOGA FAMILY JUSTICE CENTER

(423) 643-7604

KNOXVILLE FAMILY JUSTICE CENTER

(865) 215-6830

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.

