

Things to consider to increase your safety and the safety of your children:

- ⇒ Have important numbers accessible to you and your children (i.e. 911, family members, etc...).
- ⇒ Ask a neighbor to beware of suspicious activity in your home.
- ⇒ Plan an escape route in case of an emergency and practice the plan with your children.
- ⇒ Think in advance of where you may be able to go with your children in a hurry.
- ⇒ Leave extra money, car keys, clothing, and copies of documents with someone you trust.
- ⇒ Open a savings account.

Things to consider if you leave the relationship....

- ⇒ Obtain a protective order and keep a copy with you at all times. Keep extra copies in your car, at school, work, and/or with someone you trust.
- ⇒ Notify all childcare givers if your partner has been restricted from seeing the children.
- ⇒ Change the locks and/or install additional security measures.
- ⇒ Make sure all outside lights are working.
- ⇒ Have your calls screened at work and use an answering machine to screen your calls at home.
- ⇒ Avoid places where your partner knows you will be (grocery stores, banks, etc...).
- ⇒ When you feel down and ready to return to the relationship, call a support group, hotline, or someone you trust.

* It is important to review and update your safety plan often.

Women's Crisis and Family Outreach
Center/Shelter
303-688-8484

National domestic Violence Hotline
800-799-7233 (safe)

Elbert County Victim Assistance
303-805-6126

Helping to protect your safety
and the safety of your children



Break the Silence
Stop Domestic Violence

Helping to protect your safety
and the safety of your children

Personalized Safety Plan

Elbert County Sheriff's
office Victim
Assistance

No one deserves to be abused...

- ◆ Domestic violence is **not** just violence leading to physical injuries. It is a pattern of abusive behavior used to gain control over another person that can include; threats, emotional, sexual or economic abuse; intimidation; deprivation; social isolation; or repeated battering and injury.
- ◆ Over time, the violence usually becomes more frequent and more severe. It does not go away without intervention.
- ◆ Children are devastated by domestic violence. They are hurt by seeing or hearing the violence and they are more likely to be the victims of violence if you are being abused.
- ◆ Although you do not have control over your partner's violence, you do have a choice about how to respond to him/her and how to best get yourself and your children to safety.

**YOU ARE NOT ALONE.
THERE IS HELP AND
SUPPORT AVAILABLE.**

If you are being abused...

You are not alone. There are people who can understand the problems you are facing and support you.

You can talk with a friend, relative, anyone you trust and think will be supportive. Talking with someone can be the first step in getting the help that you need. Do not let anyone deny the violence you have experienced.

You can call the police, or have a doctor check your injuries.

You may be able to obtain an Order of Protection from Abuse **EPO** from the court.

You can call a domestic violence hotline for assistance. See phone numbers on this brochure. You can review this safety plan to help keep you and your children safe.

If you know someone who is being abused...

Do not ignore it. Let them know privately that you are aware of the situation. Be a good listener.

Do not blame the victim or ask what they did to deserve it. Offer support and the space to express hurt, anger and fear.

If you can, offer transportation or childcare.

Let them make their own decisions even if they choose to stay with the abuser. They must be the one to seek help. It often takes a long time for a person to decide to leave.

Let them know what resources are available. Give them a copy of this brochure and create a personal safety plan together. Encourage them to call a DV Hotline.

Checklist of items to have ready to take when fleeing an abusive relationship:

- Photo identification**
- Birth certificates**
- Social Security cards**
- School and medical records**
- Money, bank books, credit cards, food stamps**
- Keys to home, car, office**
- Driver's license and registration**
- Prescription medications**
- Medicare/health insurance cards**
- Passports**
- Green cards/documentation**
- Work permits**
- Address book**
- Lease/rental agreement**
- House deed**
- Mortgage payment book**
- Insurance papers**
- Current unpaid bills**
- Personal hygiene products**
- Pictures**
- Items of sentimental value**
- Jewelry**
- Children's diapers**
- Formula**
- Favorite toys and/or blankets**

* **BOLD TYPE INDICATES MOST IMPORTANT**