

Check List:

What you need to take with you when you leave

- ◆ IDENTIFICATION
- ◆ DRIVER'S LICENSE
- ◆ CAR REGISTRATION & TITLE
- ◆ YOUR BIRTH CERTIFICATE
- ◆ CHILDREN'S BIRTH CERTIFICATES
- ◆ MONEY
- ◆ LEASE, RENT AGREEMENT, DEED
- ◆ BANK BOOKS
- ◆ CHECKBOOKS CREDIT CARDS
- ◆ INSURANCE PAPERS
- ◆ KEYS—HOUSE, CAR, OFFICE
- ◆ MEDICATIONS
- ◆ MEDICAL RECORDS/MEDICAID CARDS
- ◆ SOCIAL SECURITY CARD
- ◆ TANF IDENTIFICATION
- ◆ SCHOOL RECORDS
- ◆ DIVORCE PAPERS
- ◆ ADDRESS BOOK
- ◆ WORK PERMIT
- ◆ GREEN CARD
- ◆ PASSPORT
- ◆ CLOTHES
- ◆ NONPERISHABLE FOOD ITEMS
- ◆ OTHER _____
- ◆ NOTES _____

BE PREPARED!!

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VICTIM / WITNESS ADVOCATES:

(FOR INFORMATION ABOUT CRIMINAL CHARGES)

Kennebec County 623-1156

Somerset County 474-2423

ADULT AND CHILDREN'S ABUSE & NEGLECT EMERGENCY SERVICES:

Child Abuse 1-800-452-1999

Adult Abuse 1-800-624-8404

STATEWIDE EMERGENCY SERVICES:

911

STATE POLICE NON-EMERGENCY:

1-800-452-4664

LEGAL SERVICES:

Pine Tree Legal Assistance 622-4731

Volunteer Lawyers Project 1-800-442-4293

Legal Services for the Elderly 1-800-750-5353



Family Violence Project is supported by the Maine Department of Health & Human Services, Maine State Housing Authority and the United Way agencies of Kennebec Valley and Mid-Maine

DOMESTIC VIOLENCE SAFETY PLAN

Domestic Violence is a crime.

YOU HAVE THE RIGHT TO BE SAFE!

We can help you with:

Emergency Shelter

Advocacy & Support

Education & Awareness

Support Groups



individuals & communities ending abuse

Somerset & Kennebec Counties

Domestic Violence Helpline: 623-3569

24-Hr. Toll-Free Helpline:

1-877-890-7788

Augusta Main Office 623-8637

Waterville Office: 877-0835

Skowhegan Office: 474-8860

Email: fvp@familyviolenceproject.org

Website: www.familyviolenceproject.org

Safety During an Explosive Event

1. If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in a bathroom, kitchen, or anywhere near weapons.
2. Practice how to get out of your home safely. Identify which doors, windows, or stairwells would be best.
3. Have an extra set of keys and a packed bag ready. Keep them in an undisclosed but accessible place in order to leave quickly.
4. Identify a neighbor you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
5. Devise a code word to use with your children, family, friends and neighbors when you need the police. Help your children memorize emergency numbers. Talk to them about how to stay safe during an explosive incident.
6. Plan where you will immediately go if you have to leave home (even if you don't think you will ever need to leave).
7. Use your instincts and judgment. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have every right to protect yourself until you are out of danger.
8. Always remember: **YOU DON'T DESERVE TO BE HIT OR THREATENED!**

Safety When Preparing to Leave

1. Open a checking/savings account in your name to begin to establish your own separate, independent identity. Rent a post office box to receive mail. Think of other ways in which you can increase your independence.
2. Leave money, an extra set of keys, copies of important documents, and extra clothes with someone you trust so you can leave quickly.
3. Are there family or friends who would lend their support?

4. Keep the FAMILY VIOLENCE PROJECT crisis-line number close at hand (1-877-890-7788). Have change or a calling card for emergency calls. You can access our crisisline nights and weekends as well:
Call 1-877-890-7788

5. Review your safety plan as often as possible in order to plan the safest and quickest way of leaving your abuser. Do not leave your notes where your abuser can find them. **REMEMBER: LEAVING IS THE MOST DANGEROUS TIME.**

Safety in Your Home

1. Change the locks on your doors as soon as possible once the abuser leaves. Buy additional locks and safety devices to secure windows.
2. Discuss a safety plan with your children for times when you are not with them.
3. Inform your children's school, daycare, etc., about who has permission to pick up your children.
4. Inform neighbors and the landlord that your partner no longer lives with you and that they should call the police if they see your partner near your home.
5. Change your phone number and make it an unlisted number. Screen your calls if you have an answering machine or caller ID. Save all messages with threats or that violate any orders, including threatening e-mails or text messages.
6. Get legal advice. Find a lawyer knowledgeable about domestic violence to explore custody, visitation and divorce provision that protect you and the children.

Safety with a Protection Order

1. Keep your protection order on you at all times (When you change purses, the order should be the first item you put in).
2. Call the police if your partner breaks the protection order in any way.
3. Think of alternative ways to keep safe if the police do not respond right away.
4. Inform family, friends and teachers of relevant details of the protection order: who has custody, when and where visitation takes place, etc.

Safety on the Job and in Public

1. Decide who at work you can tell about your situation, including office or building security and provide a photo of your abuser, if possible.
2. Arrange to have someone screen your calls.
3. Devise a plan for when you leave work. Have someone escort you to your car. Use a variety of routes to go home. Know where the closest police station is and drive to it if you are being followed.
4. If you and the abuser work at the same place, discuss with your supervisor your options regarding scheduling, safety precautions, employee/family benefits.

Your Safety and Emotional Health

1. If you are thinking of returning to a potentially abusive situation, discuss this plan with someone you trust. Don't make rash decisions.
2. If you have to communicate with your partner, plan in advance the safest way to do so.
3. Read books, articles, and poems to help you feel stronger. Keep a journal.
4. Have positive thoughts about yourself and be assertive with others about your needs.
5. Seek out people you can talk freely and openly with and who will give you emotional support.
6. Plan to attend the FAMILY VIOLENCE PROJECT support groups for emotional support and to learn more about yourself.

If you Are a Teen in a Violent Dating Relationship

1. Contact the FAMILY VIOLENCE PROJECT. We can give you guidance regarding protecting yourself. We can support you and your decisions. In Maine, a parent can get a protection order on behalf of a minor child.
2. **REMEMBER: YOU DON'T DESERVE TO BE HIT OR THREATENED!**