

ARE YOU PHYSICALLY SAFE ?
EMOTIONALLY HEALTHY?

? **ARE YOU THINKING OF RETURNING TO THE ABUSIVE SITUATION..**Try discussing an alternative plan with someone you trust.

? **DO YOU HAVE TO COMMUNICATE WITH YOUR PARTNER..**Think of the safest way—in a public place or with a trusted witness.

? **WHAT IS YOUR SELF IMAGE..**think positive thoughts & be assertive about your own needs. Read books & articles that make you feel strong. Attend survivors groups on a regular basis.

? **DO YOU HAVE A PERSON YOU CAN TALK TO..**you need to have a safe & confidential person you can talk freely with & who will give you open support.

? **HAVE YOU THOUGHT ABOUT THE SAFETY OF YOUR CHILDREN..**Talk to a friend about an alternative place for your children to go if home becomes too dangerous.

? **ARE YOU A TEEN IN A VIOLENT DATING RELATIONSHIP..**tell someone about it. You don't have to be married to be involved in domestic violence.

ABUSE IS NOT JUST PHYSICAL...

"You're too stupid to have anything to say about it..." "You're lazy..." "No one else would have you, bitch!"

"Who are you talking to on the phone?" "I saw the way you looked at that guy." "I fixed the car so it won't start, so don't even try to leave the house today!"

"You think more of that dog of yours than you do of me...well, watch this..."

"I paid for it and I can destroy it!"

"You'll never see your kids again... that cop is a friend of mine...the judge won't believe you..."

"I'll make you pay for this...you know I have a gun...go get it for me..."

THIS BROCHURE IS BROUGHT TO YOU BY THE STAFF OF THE KITSAP COUNTY DISTRICT COURT PROBATION OFFICE..



"We are concerned about your safety."

"We fear for the safety of your children."

"It will only get worse."

"There is help in the community for you."

"You don't deserve to be abused."

"You don't deserve to live in fear."

DOMESTIC VIOLENCE



A SURVIVAL PLAN

911

FOR ALL EMERGENCIES

1-800-562-6025

Statewide 24 hour multilingual help

(360) 479-1980 or

1-800-500-5513

YWCA/ALIVE local 24 hour shelter care

1-800-843-4793

24 hour crisis clinic support & referral

WHEN YOU DECIDE TO LEAVE...

Remember to take with you....

- _____ Identification.
- _____ Drivers license.
- _____ Birth certificate (s).
- _____ Money.
- _____ Rental agreement, mortgage
- _____ Banking records.
- _____ Checks.
- _____ Insurance papers.
- _____ House & car keys.
- _____ Medications.
- _____ Address book.
- _____ Pictures.
- _____ Medical records.
- _____ Social security card (s).
- _____ School records.
- _____ Welfare identification.
- _____ Work permits.
- _____ Green card.
- _____ Passport.
- _____ Divorce papers.
- _____ Jewelry.
- _____ Children's toys.
- _____ Military identification.
- _____ What else?

DO NOT WAIT until the next violence argument to think about these things!

DO NOT LEAVE THIS LIST where it can be found !

DO PLAN AHEAD for your safety and the safety of your children !

DURING AN EXPLOSIVE EVENT:

- ◆ Get into a room with an outside exit, not a bathroom, kitchen or anywhere there are obvious weapons.
- ◆ Plan and then practice how you will get out of the house safely.
- ◆ Pack a small bag and leave it in an assessable but secret place.
- ◆ Identify a neighbor or co-worker you can tell about the violence. Ask them to call the police if they hear or see a disturbance.
- ◆ Think of a code word to use with your children, family, friends, and neighbors when you need help.
- ◆ Decide ahead of time where you will go if you need to leave home.
- ◆ Have money or a calling card with you at all times for an emergency phone call.
- ◆ Use your instincts! If you know the situation is getting dangerous, give the abuser what he wants to calm him down.
- ◆ Protect yourself until you are out of danger!

WHEN PREPARING TO LEAVE:

- ◆ Open a savings account.
- ◆ Leave money, extra keys and clothes with some one you trust.
- ◆ Identify a person with whom you & your children could stay or a few days.
- ◆ Remember, LEAVING IS THE MOST DANGEROUS TIME !

IN YOUR OWN HOME:

- ◆ Change the locks on your doors & buy security devises for your windows.
- ◆ Discuss a safety plan with your children for when you are not with them.
- ◆ Inform & reinforce with your child's school/ day care, who is authorized to pick up your children.
- ◆ Inform your neighbors & landlord that your partner no longer lives with you & they should call the police if they see him near your home.

ON THE JOB:

- ◆ Inform someone at work about your situation, including your supervisor & security staff.
- ◆ Provide a picture of your batterer & a description of his vehicle & license plate number.
- ◆ Consider having someone screen your phone calls.
- ◆ Use caution when parking your car. Look for good lighting, no shrubbery, & security.
- ◆ Do not park in the same place.
- ◆ Devise a safety plan for at work. Look for exits & escape routes.
- ◆ Try to leave in a group or with an escort.



**THERE IS NO EXCUSE FOR
DOMESTIC VIOLENCE !**