

## SAFETY PLANNING WITH CHILDREN

- ✓ Can the children find an adult and ask for help whenever they experience violence at home?
- ✓ Can the children escape from the house if an assault is in progress?
- ✓ Where can they go in an emergency?
- ✓ Plan with the children what they will do step-by-step.
- ✓ Do they know how to call the police?
- ✓ Do they know the numbers of family members, friends, or community agencies?
- ✓ Tell the children they are not responsible for the domestic violence or for what happens after the violence is disclosed.
- ✓ Tell the children it is important for them to be safe when their mother is assaulted. They should not intervene during an assault.
- ✓ If the child is called upon to testify against a parent, or is showing signs of trauma, develop a plan to support the child over issues of fear, anxiety, divided loyalties, or the reawakening of painful memories.
- ✓ If they blame themselves for the violence, or for inadequately protecting the mother, reassure the children that these are common reactions.

## SAFETY PLANNING

What to take if you leave!!  
(If Possible)

- ❖ Social security card
- ❖ Driver's license
- ❖ Birth certificate
- ❖ Passport/green card/work permits
- ❖ House keys
- ❖ Work keys
- ❖ Emergency cash
- ❖ Credit card
- ❖ ATM card
- ❖ Bank book
- ❖ Current unpaid bills
- ❖ Utility information and account numbers
- ❖ Marriage/separation/divorce papers
- ❖ Insurance papers
- ❖ Protective order/past records
- ❖ House deed or lease
- ❖ School records
- ❖ Medical records
- ❖ Clothes for self and children
- ❖ Medications
- ❖ Address book
- ❖ Pictures
- ❖ Items of sentimental value
- ❖ Children's favorite toys, books, etc.
- ❖ Phone card
- ❖ Jewelry
- ❖ Emergency bag of food and clothing

## Domestic Violence Safety Planning



**P.O. Box 252**  
**LaFayette, GA 30728**  
[www.fccwdcc.org](http://www.fccwdcc.org)

*Where help is just a phone call away!!*

### Emergency Contact Numbers

**1-800-334-2836      706-375-7630**  
**Voice/TTY**

### Out-Reach Offices for TPOs:

**Catoosa, Dade Co.: 706-866-1465**  
**Walker, Chattooga Co.: 706-638-0402**

**(COLLECT CALLS ACCEPTED)**



**CFC #: 49967**

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## **IF BEING ABUSED OR STALKED, BE AWARE OF YOUR SURROUNDINGS**

### **ALWAYS BE ON ALERT!!**

- If you suspect you're being followed, make extra turns and backtrack if your need to in order to get to the Police Station or other safe place. Sound your horn to attract attention.
- Be sure friends, family, and co-workers are aware of your situation. Provide them with a description of the abuser's vehicle and a picture of the abuser if possible.
- Take different routes home from work.
- Change your routine as much as possible.
- Always lock your car doors, not only when parked, but also while driving.
- Have your keys in hand while walking to your car/have someone escort you to your car if possible
- Park in well lit areas.
- Keep your doors lock at all times at home.
- Make a positive identification of all visitors before opening the door.
- Ask repair and sales persons for identification.
- Be cautious of any unusual packages.
- Call police to investigate.
- Have deadbolt locks installed. Place a stick in sliding glass doors.
- Place lights and radio on a timer when you are away from home.

- Do not include your home address on personal checks and business cards.
- When you move, notify only friends and necessary businesses of your new address.
- Shred or burn discarded mail, which includes pertinent information.
- Check tires for nails, loosened lug nuts, etc. before driving.
- Use a locking gas cap.
- Use an answering machine to screen and record calls.
- Carry a camera with you.
- Be sure smoke alarms, fire alarms, and fire extinguishers are in working order.
- Accompany children to school or bus stops.
- Keep a working flashlight handy at all times.
- Carry a cell phone with you at all times. (Even a non-working cell phone will call 911)



**Important Phone Numbers**  
**Emergency.....911**

**Sheriff's Departments:**  
**Walker Co. 706-638-1909**  
**Dade Co. 706-657-4111**  
**Catoosa Co. 706-935-2323**  
**Chattooga Co. 706-857-3411**

## **SAFETY PLANNING**

For the men/women who are not in immediate danger but have experienced danger in the recent past, or could experience abuse in the future, safety remains an issue. Knowing the answers to the following questions will help you in developing a person safety plan.

1. Are there two exits from your house?
2. Are there neighbors nearby you can run to for help?
3. Can you develop a danger signal with friends or neighbors?
4. Did you pack and hide a small overnight bag with clothes for you and your children?
5. Do you have an extra set of keys in a safe place?
6. Do you know a crisis line number?
7. Can you identify a room in the house that could serve as a safe room if you can't get away? It should have a strong door with a secure lock.

### **Safety With A Protective Order**

1. Keep your protective order with you at all times.
2. Call the police if your partner breaks the protective order.
3. Think of alternate ways to keep safe if the police cannot respond right away.
4. Inform family, friends, neighbors, employers, schools, and your healthcare provider that you have a protective order in effect.