

Safety During an Explosive Incident

Go to an area that has an exit.

Not a bathroom (near hard surfaces), kitchen (knives), or near weapons.

Stay in a room with a phone.

Call 911, a friend, or a neighbor, if necessary. Inform them if there are weapons in the home.

Know your escape route.

Practice how to get out of your home safely. Visualize your escape route.

Have a packed bag ready.

Keep it hidden in a handy place in order to leave quickly, or leave the bag elsewhere if the abuser searches your home.

Devise a code word or signal.

Tell your children, grandchildren, or neighbors so you can communicate to them that you need the police.

Know where you're going.

Plan where you will go if you have to leave home, even if you don't think you'll need to.

Trust your judgment.

Consider anything that you feel will keep you safe and give you time to figure out what to do next. Sometimes it is best to flee and sometimes it is best to appease the abuser – anything that works to protect yourself and the children.

Safety When Preparing to Leave

Leaving can be the most dangerous time!

Have a safe place to stay.

Make sure it is a place that can protect you and your children or grandchildren.

Call a sexual and domestic violence program.

Find out which services and shelters are available as options if you need them. Keep their address and phone number close at hand at all times.

Find someone you trust.

Leave money, extra keys, copies of important documents, and clothing with them in advance so you can leave quickly, if necessary.

Open a savings account.

Put it in your name only. Consider direct deposit from your paycheck or benefit check.

Concerns about immigration status.

You may qualify under a law called the Violence Against Women Act. Talk to an immigration expert (not Immigration and Customs Enforcement) or your local sexual and domestic violence program (see “Kansas Sexual and Domestic Violence Program Numbers”) for more information.

Safety in Your Own Home

(If the abuser does not live with you)

Upgrade your security system.

Change the locks on doors and windows. Consider a security service, window bars, better lighting, smoke detectors, and fire extinguishers.

Have a safety plan.

Teach your children or grandchildren how to call the police or someone they can trust. Have a secret code word that you and your children agree on to communicate trouble and for the people who are allowed to pick up the children.

Change your phone number.

Screen your calls if you have an answering machine or caller ID. Save all messages with threats or that violate any orders. Contact your local phone company about getting an unpublished number.

Talk to neighbors and landlord.

Inform them that the abuser no longer lives with you and that they should call the police if they see the abuser near your home.

Get legal advice.

Find a lawyer knowledgeable about domestic violence to explore custody, visitation, and divorce options that may protect you and the children. Discuss getting a protection order as an option.

The abuser may be mandated to a batterers' intervention program. Talk with the program to find out more about potential risks to you while the abuser participates. Additionally, contact your local sexual and domestic violence program (see “Kansas Sexual and Domestic Violence Program Numbers”) for more information.

IN AN EMERGENCY, CALL 911

For support, call the sexual and domestic violence program nearest you (see the helpline numbers), the Kansas Crisis Hotline at **888-END ABUSE (363-2287)**, or the National Domestic Violence Hotline at **800-799-SAFE (7233)** **1-800-787-3224 (TTY)**.

Important Telephone Numbers

Police _____

Domestic Violence Program _____

Friend _____

Other _____

If you decide to leave, TAKE WITH YOU...

- Marriage and driver's licenses
- Birth certificates – yours and family's
- Money, checkbooks, credit cards, ATM cards, mortgage payment book, car title
- Social security card, work permit, green card, passport, visa
- Divorce and custody papers, protection order
- Insurance papers and medical records
- Lease, rental agreement, or house deed
- School and health records
- Keys – house, car, office, friend's
- Medications, glasses, hearing aids needed by you and your family
- Personal items – address book, pictures, toys
- Copies of your spouse's green card or social security card and all immigration related documents
- Benefit card