

Kansas Sexual & Domestic Violence Program Numbers Kansas Crisis Hotline 1-888-END ABUSE

DV= domestic violence services only
SV= sexual violence services only

Dodge City	866-270-2270 or 620-225-6510
El Dorado	800-870-6967 or 316-321-7104
Emporia	800-825-1295 or 620-342-1870
Garden City	620-275-5911
Great Bend	866-792-1885 or 620-792-1885
Hays	800-794-4624 or 785-625-3055
Hutchinson	800-701-3630 or 620-663-2522
Iola	620-365-7566
KC Metro	
Wyandotte Cnty	Friends of Yates (dv) 913-321-0951
Johnson Cnty	Safehome (dv) 888-432-4300 or 913-262-2868
MOCSA	MOCSA (sv) 913-642-0233 or 816-531-0233
Mattie Rhodes	Mattie Rhodes ¡Si Se Puede! (dv) 816-241-3780
KCAVP	KCAVP (LGBT services) 816-561-0550
Lawrence	The Sexual Trauma and Abuse Care Center (sv) 785-843-8985
	The Willow Domestic Violence Center (dv) 800-770-3030 or 785-843-3333
Leavenworth	800-644-1441 or 913-682-9131
Liberal	620-624-8818
Manhattan	800-727-2785 or 785-539-2785
Mayetta	866-966-0173
Newton	800-487-0510 or 316-283-0350
Pittsburg	800-794-9148 or 620-231-8251
Salina	800-874-1499 or 785-827-5862
Topeka	888-822-2983 or 785-354-7927
Wichita	Catholic Charities Harbor House (dv) 866-899-5522 or 316-263-6000
	StepStone (dv) 316-265-1611
	Wichita Area Sexual Assault Center (sv) 877-927-2248 or 316-263-3002
	Wichita Family Crisis Center (dv) 316-267-7233

If you are in need of advocacy services and do not find your community listed, call the 24/7 Kansas Crisis Hotline at 1-888-363-2287.

Safety on the Job

Tell somebody.

There can be pros and cons to informing your employer about your situation. You can discuss any concerns you may have with a domestic or sexual violence advocate who can talk with you about your employment rights and can help you plan for your safety on the job (see “Kansas Sexual and Domestic Violence Program Numbers”). Decide who at work you will inform of your situation, especially if you have a Protection From Abuse Order (PFA). This may include office security, if available. Provide a picture of the abuser, if necessary. You can request confidentiality from those you disclose to.

Screen your calls.

Arrange to have someone screen and log your telephone calls, if necessary.

Make a safety plan.

Create a safety plan for when you enter and leave your work place. Have someone escort you to your vehicle or other transportation.

If you and the abuser work at the same place, discuss with your supervisor your options regarding scheduling, safety precautions, and employee/family benefits.

In an Emergency, Call 911

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Safety and Emotional Health

Get support.

Call a domestic violence crisis hotline or attend a women’s or victims’ support group to gain support from others and learn more about yourself and the relationship with the abuser.

Do what is safe for you.

If you have to communicate with the abuser, arrange to do so in a way that makes you feel safe – whether by phone, mail, or in the company of another person.

Safety and Your Children

Tell schools and childcare.

Let them know who has permission to pick up the children. Discuss with them other special provisions to protect you and your children. Provide a picture of the abuser, if necessary.

Exchange children in a safe place.

Find a safe place to exchange the children for visitation. Some communities have specific locations just for this purpose. Contact your local sexual and domestic violence program (see “Kansas Sexual and Domestic Violence Program Numbers”) for more information.

You and your children deserve to be safe.

For support, contact:

The sexual and domestic violence program nearest you (see “Kansas Sexual and Domestic Violence Program Numbers”)

Kansas Crisis Hotline 1-888-END-ABUSE
(1-888-363-2287)

National Domestic Violence Hotline
1-800-799-SAFE (1-800-799-7233)

SAFETY PLAN

For Victims of Domestic Violence

Safety planning helps develop tools in advance of potentially dangerous situations. Choose only the suggestions listed here that make sense for your situation.



kcsdv.org
facebook.com/kcsdv

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. Save or take screenshots of all voicemails or text messages with threats or that violate any orders. If you are concerned that the abuser may have tampered with your phone, you may want to get a new phone and/or phone number or a disposable cell phone that the abuser does not have access to.

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.

Batterers' Intervention Program.

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 (888-363-2287),

or the National Domestic Violence Hotline at

800-799-SAFE (800-799-7233)

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