

safetyplan

Domestic Violence Indicators

Domestic violence can happen to anyone. Can you answer yes to any of the following questions?

- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Are you constantly apologizing for your partner's behavior, especially when your partner has treated you badly?
- Do you have to justify everything you do, every place you go, or every person you see, just to avoid your partner's anger?
- Does your partner's behavior get blamed on you, stress, drugs, alcohol, or your partner's temper?
- Has your partner hit or hurt the children?
- Has your partner been cruel to an animal?
- Does your partner put you down, then tell you that he/she loves you?
- Have you ever been threatened, shoved, hit, kicked, or had things thrown at you?
- Have you been forced into having sex when you didn't want to?
- Do you not see friends or family because of your partner's jealousy?
- Are you afraid to break up because your partner has threatened to hurt you or to commit suicide if you do?

Services Offered by Family Service of the Piedmont

- 24-hour crisis line
(GSO) 273-7273 (HP) 889-7273
- Free and confidential crisis counseling
- Shelter
- Information and referrals
- Court and police advocacy
- Information on relocating



Resources for Battered Victims

Emergency Law Enforcement
Or Ambulance **911**

Crisis Lines - 24 Hours:



Greensboro **(336) 273-7273**
High Point **(336) 889-7273**

Forsyth County **(336) 722-8173** Rockingham County **(336) 342-3331**

Randolph County **(336) 629-4159** Davidson County **(336) 249-0237**

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

TDD(800) 787-3224

ALL Languages served 24/7-

Other Resources

Guilford County Family Justice Center
(336) 641-SAFE (7233)

Legal Aid of North Carolina
(800) 951-2257 • (336) 272-0148

North Carolina Coalition
Against Domestic Violence
(888) 232-9124

Child Protective Services
(Child Abuse & Neglect Reporting)
(336) 641-3795
After Hours Emergency **(800) 378-5315**

Humane Society
(to report animal abuse) **(336) 299-3060**

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Love is not
abuse



a guide to
safety for victims of
domestic violence

Abuse is
not
love

safetyplan

During An Explosive Incident

Argue Only in A Safe Place. If an argument seems unavoidable, try to have it in a room or area that has access to an exit, and not in the bathroom, kitchen, or anywhere near weapons.

Practice Your Exit. Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.

Prepare A Bag. Have a packed bag ready and keep it in an undisclosed but accessible place in order to leave quickly.

Alert A Neighbor. Identify a neighbor you can tell about the violence and ask that he/she call law enforcement if he/she hears a disturbance coming from your home.

Share A Code Word. Devise a code word or signal to use with your children, family, friends, and neighbors when you need law enforcement.

Plan Your Lodging. Decide and plan where you will go if you have to leave home (even if you don't think you will). Call the crisis line if you need help.

Trust Your Instincts. Use your own instincts and judgment. If the situation is very dangerous, you have the right to protect yourself in that moment until you are out of danger.

Remember:

You don't deserve to be hit or threatened!

Preparing to Leave

Set Up Your Own Account. Open a savings account in your own name to establish or increase your independence (have statements mailed to a trusted friend or P.O. box). Think of other ways in which you can increase your independence.



Store Some Necessities. Leave money, an extra set of keys, copies of important documents (including photos of injuries, medical bills, and other evidence) and extra clothes with someone you trust so you can leave quickly.

Seek Friends' Help. Determine who would be able to let you stay with them or lend you some money.

Be Ready to Call. Keep the shelter phone number close at hand and keep some change or a calling card on you at all times for emergency phone calls.

Memorize Your Plan. It may not be safe to keep a paper copy of your safety plan. Review your safety plan as often as possible in order to plan the safest way to leave your batterer.

Checklist. Things you need to take when you leave:

- Identification
- Medical records for all family members
- Driver's license
- Birth certificates (yours and your children's)
- Social Security card
- Welfare identification
- Money
- School records
- Rental Agreement, lease, house deed
- Work permits
- Green card

- Bank books
- Passport
- Checkbooks
- Divorce papers
- Insurance papers
- Jewelry
- House and car keys
- Medications
- Children's small toys
- Address book
- Small saleable objects
- Pictures (including photos of any injuries)

Safety In Your Own Home

Change Your Locks. Change the locks on your doors as soon as possible. Install additional locks and safety devices for your windows.

Plan With Your Children. Discuss a safety plan with your children. Inform caregivers. Inform your children's school, day care, etc. about who has permission to pick up your children.

Let Your Neighbors Know. Inform your neighbors and landlord that your partner no longer lives with you and that they should call law enforcement if they see your partner near your home.

Safety At Work & In Public

Get Help. Decide who at work you will inform of your situation. This should include office or building security (provide a picture of your batterer, if possible).

Screen Calls. Arrange to have someone screen your telephone calls, if possible.

Use Caution When You Leave Work. Devise a safety plan for leaving work. Have someone escort you to the car, bus, or train. Use a variety of routes to go home, if possible. Think about what you would do if something happened while going home (i.e., in your car, on the bus, etc.).

Safety With a Protective Order

Keep The Order With You. Keep your protective order on your person at all times. Call law enforcement if your partner breaks the protective order.

Abusers try to control their victims' lives. When an abuser feels a loss of control – like when a victim leaves – the abuse often gets worse. Take special care when you leave.

Stay Safe While Waiting. Think of ways to be safe if law enforcement does not respond right away. Inform family, friends, and neighbors that you have a protective order in effect.

Safety and Emotional Health

Seek Medical Help. If injured, see a doctor. If urgent, call 911 or go to an emergency room. Keep pictures of your injuries for evidence.

Going Back. If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.

Communicating With Your Partner. If you have to communicate with your partner, determine the safest way to do so.

Read. Read books, articles, and poems which will help you feel stronger.

Open Up. Decide whom you can call to talk freely and openly to get the non-judging support you need.

Seek Individual Counseling. These services can provide support and help you understand more about yourself and the relationship. Contact Family Service of the Piedmont or your local agency for guidance.

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