Are You Being Physically or Emotionally Abused?

No one deserves to be abused, but getting away from the person abusing you can be dangerous. If you are leaving, here are some things to consider:

1. Keep the National Domestic Violence Hotline phone number (1-800-799-7233), or your local shelter number handy so that you can call if you need help. You do not have to deposit a coin in the phone to dial an 800#.
2. Think about who you could stay with and where you would be welcome and safe. Think who would lend you money if you need it.
3. Practice how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
4. Pack a bag and keep it in a secret but easy-to-get place in order to leave quickly.
5. Leave money, copies of important papers and extra clothes with someone you trust.
6. Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
7. Come up with a code word to use with your children, family, friends and neighbors when you need the police, and when you use the code word they know to call the police immediately.
8. If you have access to money, open an account in your own name and have the statement sent to a friend’s house or to a P.O. Box so that your abuser does not know about the account.
9. Decide exactly where you will go if you need to leave your home, even if you don’t think you will need to do that.
10. Trust your own instincts and feelings. If the situation gets really dangerous, do what you can to calm your abuser.

Remember!
You Don’t Deserve to be Hit or Threatened!

Checklist

When you leave, try to take the following:

☐ Social Security card☐ Address book
☐ Driver’s license☐ Pictures
☐ House and car keys☐ Checkbook
☐ Money☐ Insurance papers
☐ Medications☐ Lease, rental agreement, house deed
☐ Medical records (all family members)☐ Work permit (if applies)
☐ Your birth certificate☐ Green card (if applies)
☐ Children’s birth certificates☐ Passport (if applies)
☐ School records

For more information about your rights and options, contact the National Domestic Violence Hotline at 1-800-799-7233.
Thinking Through a Safety Plan

Some abusers obey protection orders, but one can never predict who will or will not obey the order. It is important to complete a safety plan and keep it in a safe place where your abuser will not get it. Answer the following questions and make any changes in the other portions of the safety plan. This will help you create a safety plan in case the Order of Protection is violated or your safety is threatened.

1. I will keep my protection order in the following safe locations: ___________________________________________ ________________________________. I will also keep a copy of it in my purse, wallet, or on my person.

2. I will inform the following necessary people of my Order of Protection (friends, family, employer, neighbors, minister, landlord, etc.): _________________________________________________________ ________________________________________________________________________ ________________________________________________________________________

3. In an emergency situation, I will call 911 immediately.

4. If I am having problems with my Order of Protection, I can call my local shelter to talk things through. The National Domestic Violence Hotline can help you find a shelter.

5. If my abuser violates my Order of Protection, I can call the police or sheriff. If I have an attorney, I can also inform him or her of the violation.
   The number for the police is:___________________________________________
   The number for the sheriff is:___________________________________________
   My attorney’s number is:_______________________________________________

6. If the law enforcement officer is not responsive, I can file a complaint with the Chief of Police or the Sheriff.

7. If the law enforcement officer does not make an arrest, I can contact the Prosecuting Attorney’s office and ask that charges be filed.

8. If I am unable to stay at my house due to harassment or threats to my safety, I will go to the following safe place: _________________________________________________________________________________ ________________________________________________________________________

9. If I am unable to make it to the above safe place, I will go to the following place: _________________________________________________________________________________

10. I will discuss my safety plan with my children. This may include teaching them to dial 911 and leave the receiver off the hook.

11. I can discuss safety plans with my neighbors and ask them to contact the police or sheriff if they see the abuser near my home or hear a disturbance coming from my home.

12. If my Order of Protection is destroyed or lost, I can obtain another copy from the County Circuit Clerk’s office.

13. I will tell the people who take care of my children (day care, babysitters, schools, etc.) who has permission to pick up my children. If my abuser is not permitted to pick up my children, I will tell them this.

14. I will practice how to get out of my home safely and will teach my children this also. I will identify which doors, windows, elevators or stairs would be best.

15. I will pack a bag for myself and for my children and will keep the bags handy in case we have to leave our home in a hurry.

16. I will leave money, copies of important papers, and extra clothes with the following person I trust: _________________________________________________________________________________

17. I will come up with a code word to use with my children, family, friends, co-workers and neighbors when I need them to call the police or sheriff.

18. I will keep coins or a calling card with me at all times so that I am able to use a phone in an emergency.

19. I will trust my own instincts and judgment for the safety of my children and myself.

20. I will remember that no one deserves to be hit or threatened and that it is not my fault.

Adapted from information provided by:
The SHELTER, P.O. Box 1367, Columbia, MO 65205
TEL: 573-875-1369 or Toll-free 1-800-548-2480 (MO)