

You have the right
to be **SAFE!**

WHAT YOU NEED TO TAKE WITH YOU WHEN YOU LEAVE:

IDENTIFICATION

- Driver's license
- Children's birth certificates
- Your birth certificate
- Social Security Card
- Welfare Identification

FINANCIAL

- Money and/or credit cards
- Bank books
- Check books

LEGAL PAPERS

- Your restraining order
- Lease, rental agreement, house deed
- Car registration and insurance papers
- Health and life insurance papers
- Medical records for you and your children
- School records
- Work permits/Green Card/VISA
- Passport
- Custody papers

OTHER

- House and car keys
- Medications
- Small saleable objects
- Jewelry
- Address book
- Phone card
- Picture of you, your children and your abuser
- Children's small toys and favorite blankets
- Toiletries/diapers
- Change of clothes for you and your children

Resources

If you are in a crisis situation DIAL 911 for police assistance

Contact one of the following organizations if you need a safe place to stay, counseling, or general legal assistance.

EMERGENCY HOUSING:

- Open Gate Ministry, Dinuba 591-1241
- (emergency short-term housing)
- Central California Family Crisis Center 781-7468
or 784-0192
- Visalia Women's Shelter 732-5941
- Tulare Women's Shelter 685-9515
- Good News Inn 734-6470

COUNSELING AND SUPPORT SERVICES

- Family Violence 24-hour hotline 1-800-448-2044
- Public Assistance Question Line 1-800-540-6880
- Family Services of Tulare County 741-7310
- Good News Center Clinic 734-1572
- Good News Thrift Store/Kitchen 738-8922
- Tulare County Family Support 651-5700
- Central California Family Crisis Center 781-7462
- Rape Response Hotline 732-7273
- Victim/Witness Assistance 733-6755

RESTRAINING ORDERS & LEGAL SERVICES

- Family Services of Tulare County 732-5941
or 685-9515
- Legal Aid 733-8770 or 1-800-350-3654
- Central California Crisis Center 781-7462

Domestic ABUSE



Office of the Tulare County District Attorney
Victim Witness Assistance Bureau
221 S. Mooney Blvd, Room 264
Visalia, CA 93291 (559) 733-6754
Porterville (559) 782-4835

Phillip J. Cline Tulare County District Attorney



**Office of the Tulare County
District Attorney**
221 S. Mooney Boulevard
Visalia, CA 93291
(559) 733-6411



Remember- your safety and your child's safety is the most important thing!

SAFETY DURING AN EXPLOSIVE INCIDENT

If an argument seems unavoidable, try to go outside where you can be seen. If you can't get outside, try to go to a room or an area where you have access to an exit. Try to stay away from the bathroom, kitchen, bedroom or anywhere else where weapons might be available.

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

Have a packed bag ready and keep it at the home of a relative or friend in order to leave quickly.

Identify one or more neighbors you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.

Devise a code word to use with your children, family, friends, and neighbors when you need the police.

Decide and plan where you will go if you must leave home (even if you don't think you will need to).

Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself until you are out of danger.

FOR TEENS IN A VIOLENT RELATIONSHIP

Decide which friend, counselor, teacher, relative, doctor, or police officer you can tell.

Contact an advocate at the court to decide how to obtain a restraining order and make a safety plan.

SAFETY WHEN PREPARING TO LEAVE

Remember- this is the most dangerous time. Open a savings account and/or credit card in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.

Leave money, an extra set of keys, copies of important documents, extra medicines and clothes which someone you trust so you can leave quickly.

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

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

Review your safety plan as often as possible in order to plan the safest way to leave your batterer.

SAFETY IN YOUR OWN HOME

Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.

Discuss and develop a safety plan with your children that they can use when you are not at home, e.g. calling 911, the number where they can reach you, which neighbor to contact, etc.

Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him near your home.

If your telephone has a memory dialer, use it to store phone numbers that you will need in an emergency. Go over these numbers with your children to make sure they also know how to access the phone numbers in an emergency.

SAFETY WITH A PROTECTIVE ORDER

Keep your protective order on you at all times. (When you change your purse, that should be the first thing that goes into it). Give a copy to a trusted neighbor or family member.

Call the police if your partner breaks the protective order.

Think of alternative ways to keep safe if the police do not respond right away.

Inform family, friends, neighbors and your physician or health care provider that you have a protective order in effect.

SAFETY ON THE JOB OR IN PUBLIC

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.

Arrange to have an answering machine, called ID, or a trusted friend or relative to screen your telephone calls if possible.

Devise a safety plan for leaving work. Have someone escort you to your car, bus, or train and wait with you until you are safely en route. If possible, use a variety of routes when going home. Plan what you will do if something happens while going home, e.g. in your car, on the bus, on the street.

YOUR SAFETY AND EMOTIONAL HEALTH

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

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

Have positive thoughts about yourself and be assertive with others about your needs. Read books, articles, and poems to help you feel stronger.

Decide who you can call to freely and openly talk to and get support.

Plan to attend a women's or victim's support group for at least two weeks to gain support from others and learn more about yourself and the relationship.