



## RESOURCES

Most Importantly, if you are feeling down, upset, confused or are considering returning to the abusive relationship, call a local shelter or hotline number. They can help you talk about your feelings and safe options should you return.

### **The National Domestic Violence Hotline (24 Hours)**

1-800-799-SAFE (7233)

1-800-787-3224 (TDD)

### **Arizona Coalition Against Domestic Violence Legal Advocacy Hotline**

1-800-782-6400

602-279-2900

### **Information and Referral**

1-800-799-7739 (in the 602 area)

1-800-352-3792 (in the 520 area)

For additional assistance concerning your safety, call a local shelter to discuss and develop a safety plan. In the meantime, these tips may help you.



# Domestic Violence Safety Plan

**If you are leaving an abusive relationship and have or are getting an Order of Protection or an Order of Protection or an Injunction Against Harassment due to domestic violence, this pamphlet will give some options and suggestion to help maintain your safety.**

### **Court Programs Unit**

Arizona Supreme Court-AOC  
1501 W. Washington  
Phoenix, AZ 85007

Presented by:  
Administrative Office of the Courts



## Does your partner/family member ever...

- Call you names, criticize you or put you down?
- Control what you do and whom you see?
- Threaten to hurt you or others?
- Make you feel afraid?
- Threaten to or use weapons or objects against you?
- Threaten to or use weapons or objects against you?
- Hit, kick, shove or injure you?
- Force or coerce you to engage in unwanted acts, include sexual acts?

If you answered yes to any of these questions, you may be in an abusive relationship. Now may be the time to consider ways to make yourself safer.

When someone with whom you have an intimate relationship uses physical violence, threats, emotional abuse, harassment or stalking to control your behavior, they are committing domestic violence.

## FACTS

- Each year 1 million women suffer nonfatal violence by an intimate.
- It is estimated that within a 12-month period, 4 million adult women in America experience a serious assault by an intimate.
- Violence against women occurs in 20% of dating couples.
- It is estimated that 3.3 million children are exposed to domestic violence each year.



## During a Violent Outburst

The following tips may help you during an argument:

- Leave/stay away from the kitchen or other rooms with weapons.
- Stay out of rooms without exits, like the bathroom or a closet.
- If possible get to a room with an exit and/or a closet.
- If possible get to a room with an exit and/or a phone.
- Develop a code word or signal for friends, children and neighbors to call the police.
- Call 911 or the local emergency number.
- Teach your child to call 911
- Use your instincts

## Have a Protective Order?



The following tips may help you if you have a protective order :

- Always keep at least one copy with you at all times.
- If your abuser violates the order call 911 or your local emergency number (you have the right to ask that a police report be filed).
- Give a copy of the order and a picture of the defendant to Security at your job or school.
- If the children are included on the order, give a copy of the order to their school, daycare or babysitter.

For added safety, you can program 911(or the local emergency number) into the autodial on your phone.

## If You Plan to Leave

If you think you may want to leave, a careful plan is needed to insure safety. Do not let your abuser know of your plans; act as if things are unchanged.

It is important to organize the following identification cards, money, keys and any needed legal documents so they are available should you leave in a hurry.

The following are suggested items to keep together in case you leave:

- Driver's License/Picture ID
- Birth Certificates
- Social Security Cards/Numbers
- Health Benefit Cards
- Welfare Identification
- Address Book
- Keys
- Money, Credit Cards, Checkbook



## If You Leave

Leaving an abusive relationship is a very difficult step, one of courage and strength. This step can also be dangerous if you do not plan in advance to maintain safety.

The following are suggested actions you can take in order to maintain safety once you have left an abusive relationship.

- You can obtain a protective order for yourself personally.
- Your boss can obtain a protective order for the workplace.
- Inform friends, neighbors, daycare/babysitter and co-workers that you are no longer with your abuser, so they can screen your calls or call the police if your abuser shows up.
- Provide a list of people who have permission to pick up your child.
- Change the locks on your doors and install a security system.
- Avoid social places or stores that you frequented while with your abuser.