

Important Papers/ Items

Gather as many items as you can and store in a safe place outside the home:

- Birth and Marriage certificates
- Vaccination and Medical records
- Schools records
- Social Security numbers
- Car titles
- Recent credit reports
- Recent photos
- Prescriptions
- Information on individual or joint accounts Bank books

Information on your abuser:

- Social Security number
- Date of birth
- Pay stubs
- Addresses of family/friends
- Car information (tag number, make, model & color)
- Drivers license number
- Criminal history/documents
- Bank accounts
- Work information
- Current and complete address
- Additional items to take (if time permits): Any money you have
- Address book
- Small toys for children

Important Phone Numbers

CRA:715.825.4414 (24 hours)
Polk County D. A.:715.485.9231
Burnett County D. A. :715.
Barron County D.A. :
End Abuse Wisconsin:

Community Referral Agency, Inc.

SAFETY AFTER YOU LEAVE

If you obtain a protective order and the abuser leaves:

- Change the locks and get an unlisted number.
- Change usual routes and times of travel to work and to run errands.
- Keep a copy of the protective order with you at all times.
- Give a copy to your employer, neighbors, schools, daycare, etc.
- Get a dog or some other form of security system. Talk to a trusted advocate or friend about the abuse.
- Find a support group to attend (to build a support base for yourself) with others who have gone through situations similar to yours and counseling for your children.
- Alert your office of your situation and have your calls screened if possible.
- Call the police to enforce the protective order.
- Keep a diary or log of all contacts with you by your abuser, directly and indirectly (mail, phone, friends, deliveries, etc.) to report them to police.
- If you or a witness is threatened by your abuser report the threat to the police immediately.

CRA
PO Box 365
Milltown, WI 54858
www.crashelter.org
Like us on Face Book

Phone: 715.825.4414
Fax/TTY 715.825.4418

Domestic Violence Safety Planning

**Protect Yourself and Your
Family**



**Community
Referral Agency, Inc.**

Phone:715.825.4414
Fax/TTY:715.825.4418
Email: @crashelter.org

These suggestions do not guarantee your safety, but could help improve your safety situation. You may not have any control over your partner's violence, but you do have choices about how you will respond to your partner's violence and about how to get yourself and your children to Safety.

- ◆ BE PREPARED Have a safety plan BEFORE any violence occurs.
- ◆ Rehearse your plan and teach your children what they should do if violence occurs.
- ◆ Be aware of any changes in your partner's behavior that indicates a build up to a violent incident.
- ◆ Protect yourself and your children by NEVER telling your safety plan to the person who is abusing you.
- ◆ Tell your children not to tell the abuser about the plan either.
- ◆ Prepare yourself and your children as far in advance as possible.
- ◆ Be aware that most significant injuries and homicides occur when people leave or attempt to leave abusive or violent relationships.
- ◆ IF you decide to leave, remember that leaving is a process, and there are many things you can do prior to leaving to increase your safety and the safety of your children.
- ◆ Contact Victim's Assistance at the County DA's Office and the Community Referral Agency for information on laws and other resources available to you prior to a crisis.

75% OF DOMESTIC VIOLENCE HOMICIDES OCCUR WHEN PEOPLE LEAVE OR ATTEMPT TO LEAVE ABUSIVE OR VIOLENT RELATIONSHIPS

SAFETY FROM THE ABUSER

Before any violence occurs, plan what you can do.

If violence occurs, avoid kitchens and bathrooms as they contain many items that can be used as weapons.

If violence occurs, make yourself a small target; dive into a corner and curl up into a ball, with your face protected and your arms around each side of your head.

If violence occurs, do not run to where your children are as they may also get injured. If possible, have a phone accessible at all times. Don't be afraid to call the police.

Teach your children how to get help. Instruct them not to get involved in the violence. Practice with them.

Come up with a code word with the children so they will know when to get help.

Let trusted friends and neighbors know of your situation and develop a plan with them when you need help.

Tell neighbors to call the police if they hear suspicious noises.

Tell your children that violence is never right. Tell them that neither you nor they are responsible.

Keep your car fueled and have an extra set of car keys. Use your judgment and intuition.

If the situation is serious, give your partner what he wants to calm him down.

Protect yourself until you are out of danger.

If you are injured, get medical help and tell your doctor/provider the true cause of injuries for accurate documentation.

PEPARING TO LEAVE SAFELY

- ◆ Decide where you will go if you need to leave your home.
- ◆ Pick several places where you know you will be safe. If you are unsure where to go, call the Community referral Agency at 715-825-4414, 24/7, for a referral.
- ◆ Find out about local laws and what resources are available to you before you need them in a crisis.
- ◆ Acquire job skills if possible.
- ◆ Begin to stash cash in a safe place. Keep change for phone calls as well as money for cabs or bus fare.
- ◆ Memorize important phone numbers. Keep a bag packed with clothes for you and the children.
- ◆ Keep the bag where it is not likely to be discovered.
- ◆ Gather as many important papers as you can and place them in a safe place outside of the home.
- ◆ Create a false trail. Call motels, real estate agencies and schools in a town or towns at least six hours away where you want your partner to believe you will relocate. Ask questions that will require a call back to your house to leave phone numbers on record.
- ◆ Create good reasons for leaving the house at different times of the day and night.
- ◆ Back the car into the driveway. Keep the driver's door unlocked for a quick escape.
- ◆ Open a savings account in your name only.
- ◆ Review your safety plan every few weeks.
- ◆ Identify public places that are open 24 hours.

USE CASH. A CREDIT CARD WILL REFLECT YOUR ACTIVITY TO YOUR ABUSER AFTER YOU LEFT.

BY THE TIME YOU FINISH READING THIS BROCHURE, AT LEAST 20 WOMEN IN AMERICA Will HAVE BEEN ABUSED BY THEIR HUSBAND, PARTNER OR SIGNIFICANT OTHER.