



DeafHope

Planning for the Safety of You and Your Children

No one deserves to be abused PHYSICALLY, EMOTIONALLY, SEXUALLY, or FINANCIALLY. You do have choices. You can take steps to escape the violence.

Even if you think there may not be a "next time", make a plan. Here are some things you will want to leave in a safe place or at the DeafHope office: money, keys, medications, important phone numbers, spare clothing, and documents for you and your children such as birth certificates, social security cards, passports, bank statements, insurance policies, check book, marriage license, driver's license, credit cards, atm cards, and school and vaccination records.

Make a police report. Take photographs of your injuries. This will help you later.

Put trust in your instincts! Call the police (911) if you feel that you are in danger.

Open spaces are safest if you can't leave. Keep your back to a door, not a corner. Avoid the bathroom, garage, kitchen, and other places where there are weapons, sharp or heavy objects.

We all need support - tell someone you can trust about what is happening to you. This could include your work, children's school, building security, or church members. Give them a picture of your abuser if possible.

Establish a code word with friends and children that lets them know you need help. Ask them to call the police if they think you are in danger. Ask for a "civil stand-by" so the police will protect you while you gather your things to leave.

Remember to take your children when you leave if possible.