

Domestic Violence Safety Plan

You are Not Alone. You have the Right to Be Safe!

Safety during A Violent Incident

- ∪ When an argument begins, try to move to a room or area that has access to an exit. Avoid a bathroom, kitchen, or anywhere near weapons.
- ∪ Practice how to get out of your home. Identify which doors, windows, or stairwell would be best.
- ∪ Devise a signal or code word to use with your family, friends and neighbors when you need the police.
- ∪ Identify a neighbor to call the police if they hear a disturbance coming from your home or use a pre-arranged signal.
- ∪ Decide where you will go if you have to leave your home (even if you don't think you will need to). This should be a safe place from which you can call for further assistance.
- ∪ Use your own instincts and judgement. You have the right to protect yourself until you are out of danger.
- ∪ Other _____

Safety when preparing to Leave

- ∪ Open a savings account in your own name to establish or increase your independence.
- ∪ Have a packed bag ready and keep it in a secret place that is easy to reach.
- ∪ Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust.
- ∪ Determine who would be able to let you stay with them, or loan you some money.
- ∪ Keep the shelter phone number close at hand or, better yet, memorize it 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 you batterer.
- ∪ Other _____

Safety in Your Own Home

- ∪ Change the locks on your doors as soon as possible. Buy additional lock and safety devices to secure your windows.
- ∪ Discuss a safety plan with your children for when you are not with them.
- ∪ Inform your children's school, day care, etc. about who has permission to pick up your children.
- ∪ 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.
- ∪ Other _____

Safety with a Personal Protection Order (PPO)

- ∪ The Macomb County PPO office is located on the 4th floor of the Circuit Court building. The phone number is **586-469-7494**.
- ∪ Keep your PPO with you at all times. (if you change your purse, that should be the first things that goes in it or get multiple copies).
- ∪ Call the police if your partner breaks the PPO.
- ∪ Think of alternative ways to keep safe if the police do not respond right away.
- ∪ Inform family, friends and neighbors that you have a protective order in effect.
- ∪ Other _____

Safety on the Job and in Public

- ∪ Decide who at work you will inform of your situation. This should include office or building security (provide them with a picture of your batterer if possible).

- ∪ Devise a safety plan for when you leave work. Have someone escort you to your car, or bus. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home (in your car, on the bus, etc.)
- ∪ Other _____

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 about your needs.
- ∪ Read books, articles, and poems to help you feel stronger.
- ∪ Decide who you can call to talk freely and openly to give you support.
- ∪ Consider attending a domestic violence support group to gain support from others and learn more about yourself and the relationship.
- ∪ Other _____

For more information about your legal rights and options, contact an advocate at your local domestic violence program or one of the following numbers:

Police Departments of Macomb County

Armada	586-784-9152
Centerline	586-757-2200
Chesterfield Twp.	586-949-2112
Clinton Twp.	586-493-7800
Eastpointe	586-775-0400
Fraser	586-293-1425
Macomb Co. Sheriff's	586-469-5151
Memphis	810-392-2144
Metro Beach	586-463-4581
Michigan State Police	586-727-0200
Mt. Clemens	586-469-6860
New Baltimore	586-725-2181
New Haven	586-749-9503
Richmond	586-727-7545
Romeo	586-752-3587
Roseville	586-775-2100
St. Clair Shores	586-445-5300
Shelby Twp.	586-731-2121
Sterling Heights	586-446-2800
Utica	586-731-2345
Warren	586-574-4700

Macomb County Prosecutor's Office-

Crime Victim's Rights Unit 586-469-5675

Area Domestic Violence Programs

Turning Point	586-463-6990
Haven	877-922-1274
First Step	888-453-5900
National DV Hotline	800-333-SAFE

Helpful Items to take with you if you decide to leave.....

- Identification
- Driver's License
- Children's Birth Certificates
- Your Birth Certificate
- Money
- Lease, Rental Agreement, House Deed
- Bank Books
- Checkbook
- Insurance Papers
- House and Car Keys
- Medications
- Address Book
- Pictures
- Medical Records for Family Members
- Social Security Cards
- Welfare Identification
- School Records
- Work Permits
- Immigration Information
- Passports
- Divorce Papers
- Protective Orders
- Children's Toys
- Other _____