

Week 3: Handout A
BASIC HUMAN RIGHTS

- I have the right to be treated with dignity, compassion, and respect at all times.
- I have the right to make my own decisions about the course of my life.
- I have the right to have dreams--and to work towards making these dreams come true.
- I have the right to feel good about myself as a person and as a woman/man.
- I have the right to choose who will be my friends, whom I spend time with, and whom I will confide in.
- I have the right to make mistakes.
- I have the right to change my mind.
- I have the right to be happy.
- I have the right to ask for what I want.
- I have the right to follow my own values and standards.
- I have the right to express all of my feelings, both positive and negative.
- I have the right to say "no".
- I have the right to determine my own priorities.
- I have the right not to be responsible for others' behavior, actions, feelings, or problems.
- I have the right to my own needs for personal space and time.
- I have the right to be in a non-abusive environment.
- I have the right to change and grow.
- I have the right to have my needs and wants respected by others.
- I have the right to be uniquely myself.

Week 3: Handout B
GENERAL GUIDELINES FOR SAFETY IN AN ABUSIVE RELATIONSHIP

A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Safety planning involves how to cope with emotions, tell friends and family about the abuse, take legal action and more.

At the hotline we safety plan with victims, friends and family members — anyone who is concerned about their own safety or the safety of someone else.

A good safety plan will have all of the vital information you need and be tailored to your unique situation, and will help walk you through different scenarios.

Although some of the things that you outline in your safety plan may seem obvious, it's important to remember that in moments of crisis your brain doesn't function the same way as when you are calm. When adrenaline is pumping through your veins it can be hard to think clearly or make logical decisions about your safety. Having a safety plan laid out in advance can help you to protect yourself in those stressful moments.

...National Center for Domestic and Sexual Violence (ncdsv)

Tech & Social Media Safety

Technology is ever-changing, and it can be used to jeopardize your safety or as a means to keep you safe. Since power and control issues are a part of domestic violence, abusive partners frequently use technology to monitor and control those they abuse. Here are some things to help keep in mind as you use technology.

Do you have a feeling that you are being monitored? Here are some things to make note of.

- Did you know that someone can monitor another person's computer use without the user knowing?
- Did you know that a "history" cannot be completely erased from a computer?
- Did you know that cell phone use can be monitored?
- Did you know that a global positioning system (GPS) can be placed on your car, in your purse or in your cell phone?
- Did you know the some court systems are placing court records online and that they may contain personal information?
- Did you know that e-mail is like a postcard and can be intercepted?

SAFETY WHILE LIVING IN AN ABUSIVE RELATIONSHIP

- Identify your partner's use and level of force so that you can assess the risk of physical danger to you and your children before it occurs.
- Identify safe areas of the house where there are no weapons and there are ways to escape. If arguments occur, try to move to those areas.
- Don't run to where the children are, as your partner may hurt them as well.
- If violence is unavoidable, make yourself a small target. Dive into a corner and curl up into a ball with your face protected and arms around each side of your head, fingers entwined.
- If possible, have a phone accessible at all times and know what numbers to call for help. Know where the nearest public phone is located. Know the phone number to your local shelter. If your life is in danger, call the police.
- Let trusted friends and neighbors know of your situation and develop a plan and visual signal for when you need help.
- Teach your children how to get help. Instruct them not to get involved in the violence between you and your partner. Plan a code word to signal to them that they should get help or leave the house.
- Tell your children that violence is never right, even when someone they love is being violent. Tell them that neither you, nor they, are at fault or are the cause of the violence, and that when anyone is being violent, it is important to stay safe.
- Practice how to get out safely. Practice with your children.
- Plan for what you will do if your children tells your partner of your plan or if your partner otherwise finds out about your plan.
- Keep weapons like guns and knives locked away and as inaccessible as possible.
- Make a habit of backing the car into the driveway and keeping it fueled. Keep the driver's door unlocked and others locked — for a quick escape.
- Try not to wear scarves or long jewelry that could be used to strangle you.
- Create several plausible reasons for leaving the house at different times of the day or night.

For more information: www.ncdsv.org



Safety Planning

This plan contains suggestions for safety. Following these suggestions is not a guarantee of safety, but applying them to your own situation could improve your level of safety in an abusive relationship. You may be able to complete a more detailed, specific safety plan with a local domestic violence advocate.

Safety While in an Abusive Relationship

- If weapons are kept in your home, try to hide guns, ammunition, knives, and any other weapons, unless hiding the weapons would further jeopardize your safety. If this isn't possible, try to make them inaccessible.
- Think about your home; identify the areas that are easiest to escape from and are free of potential weapons. Try to move to those areas during an argument. Avoid going to rooms like the kitchen where there are knives and other potential weapons and the bathroom that has hard surfaces and most likely doesn't have a second exit.
- Try to have a phone accessible at all times. Consider hiding a prepaid cell phone to use in emergencies.
- Create a code word with friends and family in order to communicate to them that you need help.
- If an abusive incident seems imminent, trust your judgment. Sometimes it is best to leave; sometimes it is best to placate the abuser.
- Make a habit of backing your car into the driveway. Try to always have some gas. Keep the driver's door unlocked and lock all other doors. Have a copy of the car key made and hide one in the car.
- If leaving is not possible:
 - Try to move into safe areas of your home.
 - Make yourself physically smaller by curling into a ball and covering your head and face with your hands.

Safety While Preparing to Leave an Abusive Relationship

- Be aware that cellular phones can contain GPS tracking devices. If possible, plan to get a new phone and new service plan when you leave, and leave your original phone behind.
- Know that leaving an abusive relationship can be the most dangerous time for you.
- Try to set aside money, even in small amounts. Start your own savings or checking account. Use the address of a trusted friend or family member when setting up the account.
- Keep a written list of important phone numbers with you.
- Have a packed bag ready. Keep it hidden in your home or leave the bag with friends, family, or at work if possible.
- Items and documents to take:
 - Birth and marriage certificates
 - ID and Social Security Cards
 - Keys
 - School and Medical Records

- Passports, green cards, work permits
 - Protective order, divorce papers, custody orders
 - Bank papers and credit cards
 - Medicine
- Talk to your local domestic violence agency to find out about help they may be able to offer. In an emergency, call 911 first.

After Leaving an Abusive Relationship

- If you have a protective order, always carry a copy with you. Make and keep copies for work, your car, and your home. Call the police and document when the protective order is broken.
- Consider letting friends, neighbors, and co-workers know about your situation and how they can help you stay safe.
- Try to carry a cell phone with you, and program it to dial 911.
- Change your regular travel habits. Try not to frequent the same stores or businesses you did when with your abuser.
- If you are moving:
 - Consider talking to your local shelter program about temporary shelter or other services they could provide.
 - If you need to conceal your new location, consider an address confidentiality program.
- If you are staying in your home:
 - Consider changing your locks or installing stronger doors.
 - If the exchange of children is necessary, arrange a safe, neutral place to do the exchange.
 - If your abuser comes to your home, you do not have to let him in. Keep the doors closed and locked, and call the police.

Safety and Technology

- Know that your computer activity can be monitored or checked without your knowledge. It is not possible to delete or clear all of the "footprints" from your computer or online activities. If you are being monitored, it may be dangerous to change your computer behaviors such as suddenly deleting your entire Internet history if that is not your regular habit.
- If you think you may be monitored on your home computer, be careful how you use your computer since an abuser might become suspicious. You may want to keep using the monitored computer for non-personal activities, like looking up the weather or reading the news. Use a safer computer to research an escape plan, look for new jobs or apartments, bus tickets, or ask for help.
- Consider opening a free email account that your abuser doesn't know about. Only check it from public or otherwise safe computers (libraries, schools, a friend's home).
- If you use have a cell phone, be aware that even calls that are toll-free will likely show up on your phone bill. If you are on a joint plan or access your phone bill online, others may have access to it. Consider making calls to shelters, lawyers, or other confidential services from a payphone or prepaid cell phone.
- Call your local domestic violence program and ask them about free cell phone programs. Usually these phones will allow you dial 911.

Please call the 24-Hour National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 1-800-787-3224 to discuss your concerns and questions.

Week 3: Handout C
PERSONAL SAFETY PLAN

The following steps are my plan for increasing my safety and preparing to protect myself in case of further abuse.

Although I can't control my abusive partner's violence, I do have a choice about how I respond and how I get to safety. I will decide for myself if and when I will tell others that I have been abused, or that I am still at risk. Friends, family and co-workers can help protect me, if they know what is happening, and what they can do to help.

To increase my safety, I can do some or all of the following:

1. If I have to talk to my abuser in person, I can:

2. If I talk to my abuser on the phone, I can:

3. I will make up a "code word" for my family, co-workers, or friends, so they know when to call for help for me. My code word is:

4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt such as:

or (at work):

or (at home):

or (in public):

5. I can tell my family, co-workers, boss, or a friend about my situation. I feel safe telling:

6. I can use an answering machine or ask my co-workers, friends or other family members to screen my calls and visitors. I have the right to not receive harassing phone calls. I can ask co-workers or family to help screen calls if needed.

7. I can keep a "911" emergency-only cell phone with me at all times in case I need to make a call. I can call any of the following people for assistance or support if necessary and can ask them to call the police if they see my abuser bothering me.

friend:

relative:

co-worker:

counselor:

shelter:

other:

8. When leaving work I can:

9. When walking, riding or driving home, if problems occur, I can:

10. I can attend a support group for survivors of abusive partners. Support groups are held at:

11. Telephone Numbers I Need to Know:

Police/Sheriffs Department:

Probation Officer:

Domestic Violence/Sexual Assault Program:

Counselor:

Clergy Person:

Attorney:

Other:

HANDOUT D: SAFETY PLANNING WITH A CHILD

A Child's Own Safety Plan

Print out this page and fill it in by hand. Keep it with you to read in times of crisis.

My Safety Plan

When I get scared I can think about

When I get scared I can go to

When I am feeling down or afraid I can talk to

These are the safe exits from my house

In an emergency I can

My Important Numbers

My phone number _____

The police _____

A neighbor, friend or relative's number _____

Create a Teen Safety Plan

**Family Violence
Prevention Fund**

www.endabuse.org

You have the right to a violence free relationship. No matter what your boyfriend/girlfriend says the abuse is NOT your fault. If your safety is at risk, create a plan to keep yourself safe and find the support you need. Here are some tips:

- If you live with your boyfriend/girlfriend, try and leave your home regularly during the day. Whether you go to school, work, or the store, try to establish and maintain a regular routine. This might help you leave without drawing attention to yourself.
- Learn the best route to get to a safe location. If you have a car, keep your gas tank full and if you rely on public transportation, learn which buses, trains, or subways will get you to safety.
- If you need a place to stay, contact the National Teen Dating Abuse Helpline at 866-331-9474 or a local resource. Talk to a friend or adult you trust.

Try to plan ahead and keep these items ready to take with you:

- Cash
- ATM cards/checkbooks
- Drivers License/
Passport/Government IDs
- Medications
- Eyeglasses/Contact lenses
- Mobile phone
- Keys
- Legal documents, like a restraining order
- A change of clothes

If leaving with children, try to bring these things with you:

- Bottles and formula
- Diapers
- Birth Certificate
- Medical records
- Spare clothes
- Their favorite toy, stuffed animal, or security blanket

The decision to leave your boyfriend/girlfriend is a tough one. For many people, the break up is the most dangerous time in an abusive relationship. Emotions are running high and your boyfriend/girlfriend might become angry, even violent, when they learn they are losing control. Now, more than ever, it is important that you find support. Here are some tips:

- Call the National Teen Dating Abuse Helpline at 866-331-9474 and talk someone trained to help you plan ahead and stay safe after you have ended your relationship.
- Talk to someone you trust, such as a friend, a family member, teacher, or coach.
- Choose a code word and use it to discreetly tell the people you trust that you are in danger and need immediate help.
- Pick a safe and secret location where a friend or family member can pick you up.
- If you don't feel safe, don't break up in person. If you decide to break up in person, do it in a public place and ask someone you trust to be nearby in case you need them.
- Think independently and trust your instincts. Don't let anyone talk you into doing something that's not right for you.

An abusive relationship can take a huge toll on your mental and physical health. Your partner has probably become a big part of your life; you might miss him/her or feel lonely and sad after the break up. Confide in someone you trust for support you while you adjust.