

Personal Safety Tips – No one deserves to be abused. If things get out of hand, it's good to have a plan!

When a Fight Breaks Out

- Move away from the kitchen, bathroom, or anyplace where there are dangerous sharp objects
- Plan the easiest escape. Decide on a door or window to exit quickly and safely
- Find a neighbor, friend, or family member you can trust to help you and your children, or to call police for you

If You Decide to Leave Your Partner, Plan for Safety

- Every situation is different! Contact us for information on how to plan for safety. Leaving may be risky for you and your children.
- Put some money away. Even if you only save a little bit every week, you need to have some money of your own
- Make copies of keys and important papers and leave them with a friend, neighbor, or church. Some important items to have: birth certificates, legal papers, a little money, special toys

Ways to Stay Safe On Your Own

- Change the locks on your doors
- Learn about your legal rights. If you have legal papers to protect you, keep them with you at all times
- Tell neighbors, friends, landlords, or coworkers that your partner no longer lives with you. Keep a safety plan for coming and going, and share it with people you trust. Teach your children about the safety plan
- If your former partner is dangerous, find someone at work to tell. Show a picture and ask them to call 911 if your former partner comes around
- If you need other ideas or a local referral, call our 24-hour hotline.

If you need to talk, call us. We're here for you.

STAND!
Against Domestic Violence SM

Formerly Battered Women's Alternatives

24 Hour Crisis Hotline (toll free number)
1-888-215-5555

Domestic Violence Treatment Program
925-676-2968