

Staying Safe at Work

- ✓ Tell a co-worker or supervisor about the situation, and ask them to contact the police in an emergency.
- ✓ Ask someone to screen your calls.
- ✓ Be aware of your surroundings during your entry and departure every day.
- ✓ Vary the route of your commute.
- ✓ Keep a copy of your Order of Protection with you.
- ✓ Provide security and/or receptionists with a photo of the abuser.
- ✓ Request that your desk or office be moved to a safe location.
- ✓ Request help from the *Employee Assistance Program* or your human resources department.
- ✓ Carry a noisemaker (e.g., whistle, alarm, cell phone, etc.) with you to summon help.

Federal, State, and local laws prohibit employment discrimination based on your status as a victim of domestic violence.

Remember, a *Victim Advocate* is always available to speak with your employer on your behalf.

The **VMPD** helps **hundreds** of victims of domestic violence and their families every year.

Don't wait.
Seek help today.

Contact the *Domestic Violence Prevention Officers* or the *Victim Advocates* at your local Police Department or PSA.

For emergencies, dial "911."

DOMESTIC VIOLENCE

SAFETY PLANNING

Do you have a **plan to protect yourself and your family** from domestic violence?

Stay safe.
We are here to help.

Be safe. Don't wait. Seek help today.

STEP 1: Make a Safety Plan

Many victims of domestic violence find it helpful to make a **safety plan**. Contact the *Domestic Violence Prevention Officers* or the *Victim Advocates* at your local precinct or PSA to **develop a safety plan tailored to your needs**.

Here are some recommendations to get started:

- Call **"911"** if the abuser becomes violent.
- Ask **neighbors, friends, and family** to intervene or call "911" if they hear arguing or loud noises.
- Use **noisemakers** (such as whistles or personal alarms) to summon assistance.
- Choose a **code word** you can use with friends and family to alert them to call for help.
- Obtain an **Order of Protection**.
- Save copies of **important documents** in a secure location.
- If the abuser becomes violent, avoid entering rooms without multiple exits.
- Do **not** share your safety plan with anyone who might share it with the abuser.
- **Practice your escape plan** with your children, including how to make a phone call.

STEP 2: Be Prepared to Leave

Prepare an **escape bag** in case you **need to flee from the abuser**. Leave it in a **secure location** away from the home. Consider entrusting it to a **close friend or relative** for safekeeping.

Items You Should Include

- A change of clothing for you and your children.
- Money, checkbook, ATM card, credit cards, etc.
- Personal hygiene products (e.g., toothbrush, deodorant, toiletries, etc.).
- Diapers, formula, and toys for your children.
- An address book with phone numbers of contacts.
- A set of spare keys to your car and home.
- Medication.
- Forms of identification (e.g., driver's license, work permits, green cards, birth certificates, and social security cards for you and your children).
- Original copies of important documents (e.g., Order of Protection; divorce, custody, or injunction papers; car, health, or life insurance papers, etc.).
- A photo of the abuser for identification purposes.

STEP 3: Stay Safe

If you are concerned about safety in your home, contact your local precinct or PSA for a **free crime prevention survey**. Notify family, friends, employers, and schools of your situation.

Useful Safety Tips

- ✓ Put rental documents, phone bills, utilities, and any other paperwork in someone else's name.
- ✓ Obtain an unlisted phone number.
- ✓ Use a post office box (P.O. box) instead of a street address to receive mail; check it during busy hours.
- ✓ Keep copies of your Order of Protection on your person, on your cell phone, and in your home.
- ✓ Install metal doors, an additional door lock, and window alarms.
- ✓ Have another person deliver and pick up your children at school, or at court-ordered visits.
- ✓ Avoid visiting locations that you frequented while you were with the abuser.

Call **"911"** if you are in danger or if your Order of Protection is violated.