

Safety Checklist

Signs of Domestic Violence

- Threats of violence or physical violence (hitting, pushing, slapping, biting, kicking)
- Verbal abuse (name-calling, showing disregard or disrespect, sexual devaluation, threats)
- Constant questions about where you've been or what you've been doing (including accusations that you are not telling the truth)
- Demands access to phone and/or personal online accounts
- Breaking or striking things
- Control all finances and forcing you to account in detail for what you spend
- Jealousy/Constantly accusing you of being unfaithful
- Constant criticism or humiliation in front of others
- Discouraging your relationships with family and friends (isolation)
- Preventing you from working or attending school (isolation)
- Possessiveness, controlling behavior, and lack of trust
- Name calling and put-downs
- Blaming you for problems
- Use of force in sex or forcing you to have sex against your will
- Cruelty to children and/or animals
- Threats regarding immigration status / child custody

Planning to stay

- If you believe an argument might escalate:
 - Move away from rooms where there are sharp or possibly dangerous objects such as the kitchen or bathroom
 - Move to a room with a phone, which you can use to call for help
- Plan an easy escape and identify windows or doors you can use quickly and safely
- Decide a place where you can go to call the police (a neighbor, friend, or family member that you trust)
- Have a support network (friends, family, co-workers, or local domestic violence agencies). Let them know what is happening in your life.
- Have a code word you can use with friends or children so they know when they hear it, they should call for help
- Document all incidents of abuse. Take pictures of any injuries or destroyed property caused by the abuse.
- Questions to consider:
 - What have you done in the past that kept you safe when you were assaulted?
 - If you need to escape temporarily, where can you go?
 - Can you work out a plan with others to help when you leave or to call the police?
 - Can you safely remove weapons from the home?

Safety Checklist

Teach your children

- Not to get in the middle of the fight
- How to get to safety: where to run or hide if a fight breaks out
- Who to call for help: 911 or a neighbor, friend or family member who you trust
- An escape route

If you call the police

- Get the responding officer's name and badge number
- Show your injuries to the police officer. If your injuries appear worse in the next few days, go to the police station to get them photographed and photograph them yourself.
- Ask for the case number/incident number.
- If an arrest is made, ask for a booking number and register with the VINE program so you are notified when the other person is released. Call 1-800-721-8021 to register your phone number. You will need the booking number which you can obtain by calling the sheriff's department.
- Obtain an Emergency Protective Order
 - <http://www.occourts.org/self-help/restrainingorders/emergencyprotectiveorder.html>
- Tell the reporting officer in detail what happened and what was said. It is important for them to know if threats of any kind were made and if there are weapons of any kind in the house. If there are firearms, the police officer may remove them for safe keeping.

If you want to report a violent incident

- You can call the non-emergency dispatch and an officer will come to your house to take a report
 - <http://ocgov.com/residents/law/safety/police>
- You can also go to the police station to make a report
- Keep your own records of when you made your report and to whom

Planning to leave

- If you want, tell a trusted family member or friend.
- Decide when it is the best time to leave.
 - You'll want to leave when the abuser is out of the house.
 - Have an escape route planned for each floor of the building.
- Keep a phone in a safe room that you can lock from the inside or try to have a cell phone on you at all times.
 - Turn off the cell phone GPS.
 - Don't use the check-in option on various phone apps such as Facebook or Twitter.
- Make a list of emergency phone numbers. Memorize important numbers.
 - Children should memorize phone numbers as well.
- Let your child's teacher and principal know enough about the situation so they can be prepared in case of a crisis. Ask them if they can agree not to release the children to the other parent.
- Work out a safe way to pick up children from school.
- Make a list of resources that are available to you.

Safety Checklist

- Pack a “safety bag” and store in a place where your abuser will not find it in your home or give it to a friend. The bag should contain:
 - Money or credit cards you have saved to pay for food, gas, and other necessities
 - Copies of important keys
 - Medicine
 - Originals or color copies of important documents like:
 - SSN, birth certificates, passports, immigration paperwork
 - School and medical records
 - Car registration
 - Banking information
 - Insurance cards
 - Any other important personal papers
 - Questions to consider:
 - Where is the safest place to go to and how will you get there?
 - Who can you tell that you are leaving?
 - Will a restraining order be helpful?

Safety on your own

- Change the locks on doors and windows as soon as possible
- Get an unlisted phone number
- Take a self-defense class
- Plan an escape route
- Change your routine
- Never travel alone
- Cancel and create new bank accounts
- Have a cellphone with you at all times
- Give pictures of the other person to security and HR
- Ask someone to walk you to your car
- Save all threatening voicemails and emails

Local Resources

- WTLC 24-hour hotline: 877-531-5522
- Laura’s House 24-hour hotline: 866-498-1511
- Human Options 24-hour hotline: 877-854-3594
- Interval House hotline: 562-594-9492 or 714-891-8121
- Comprehensive Information & Referral Hotline: 2-1-1 or 888-600-4357