

Contact Us for Help

FAMILY CRISIS CENTER

Walker, Dade, Catoosa, &
Chattooga Counties, Inc.

PLACE
STAMP
HERE



PO Box 252
LaFayette, GA 30728

706-375-7180
1-800-334-2836
Fax 706-375-7177

www.fccwdcc.org

Services include:

- Emergency Shelter
- 24-Crisis Hotline
- Legal advocacy
- Outreach services
- Advocacy
- Prevention education
- Community education

Family Crisis Center

PO Box 252 • LaFayette, GA 30728

SAFETY PLANNING



Governor's Office for
Children and Families



CFC # 49967

SAFETY PLANNING

Your safety is the most important thing and planning for your safety is a necessary and important step when in an abusive relationship. Safety Planning should be specific to your situation and your needs. Listed below are suggestions to help you get started.

Personal Safety While in an Abusive Relationship

- Try to have a phone accessible at all times. Consider hiding a prepaid cell phone to use in emergencies.
- Create a code word with your children, friends, family, and neighbors to communicate to them that you need help.
- Create a visual sign with trusted neighbors to communicate that you are in need of help.
- If weapons are kept in your house, consider finding a way to hide them or remove them from the house if it will not further jeopardize your safety. Make weapons as inaccessible as possible.
- Identify areas of your home that have an escape route (exit doors, windows) and are free from potential weapons. Attempt to move arguments into these areas for your personal safety.
- If violence cannot be avoided, attempt to make yourself the smallest target by curling into a ball and covering your head and face with your arms.
- Teach your children how to call 911 in case of emergency.
- Make a habit of backing your car into the driveway. Try to always have it filled with gas. Keep the driver's door unlocked and lock all the other doors. Have a copy of the car key made and hide one in the car when it can be reached quickly.
- Avoid wearing scarves or long necklaces that can be used to strangle you.

Preparing to Leave your Abuser

Collect important items:

- ◇ Birth certificates
 - ◇ Marriage certificates
 - ◇ ID and social security cards
 - ◇ Keys
 - ◇ School and medical records
 - ◇ Money
 - ◇ Medication
 - ◇ Insurance information
 - ◇ Protective order, divorce papers, custody orders
 - ◇ Passports, green cards, work permits
 - ◇ Car registration
 - ◇ Things that mean a lot to you, i.e. toys, pictures, blankets, jewelry, etc.
- Cellular phones can contain GPS tracking devices. If possible, buy a new phone for yourself or leave your old phone behind.
 - Try not to act differently that could alert your abuser of your plan.
 - Try to set aside money if possible. A trusted friend or family member could open an account in your name.
 - Keep a written list of important phone numbers.
 - Have a bag packed and ready. Keep it hidden.
 - Know where you can go to get help. Domestic Violence shelters, friends, family, etc.
 - Plan the best time where you will be able to leave and take the children with you.
 - Remember that you must protect yourself in order to protect your children. There are times when it is better to leave the children to keep from putting them and you in more danger.

Personal Safety After Leaving Your Abuser

- Get an order of protection, make several copies, and keep a copy on your person, in your car, at work, and in your home at all times. Call the police immediately if the order is broken.
- Get a cell phone and keep it with you.
- Change your regular travel habits and routes to work, school, home, etc.
- Inform friends and family of your situation and how they can keep you safe. (screen calls, avoid giving your personal information or schedule to callers, etc.)
- Consider renting a PO Box for mail rather than using your address.
- Be careful who you share personal information with such as phone number and address.
- Alert school authorities about your situation to protect your children.
- Reschedule all appointments that your abuser was aware of
- Use different stores than your regular routine ones.

If you stayed in the home and the abuser left:

- Change the locks
- Install motion lights outside
- Have caller ID installed on your phone
- Make neighbors aware that you have a Protective order
- Let the police know of your situation so they can do a periodic drive-by