

WHAT YOU CAN DO

SAFETY PLAN- GET ONE

SAFETY DURING A VIOLENT INCIDENT

Victims cannot always avoid violent incidents of abuse. To increase safety a Victim can use various strategies.

- * if deciding to leave, have a plan of departure, such as which window, door, etc.
- * keep bag and keys ready for the departure
- * aprise someone about calling the police if suspicious noises are heard
- * select a code word that a friend or neighbors know to call the police

SAFETY AT HOME

Prepare a safety plan and discuss the plan with your family, friends, or neighbors. Discuss when to call the police. There are many ways to increase safety at home. This is a dangerous time, know your escape plan.

SAFETY ON THE JOB OR IN PUBLIC

Each victim of domestic violence may decide to inform others when the abuser has battered and there is a risk of future abuse. Friends, family and co-workers can help protect Victims.

- * if you have a Protective Order, carry it with you always
- * inform your boss, security supervisor, and friends at work. Provide a photograph of the abuser.
- * ask to help screen telephone calls at work
- * avoid leaving work alone
- * inform others the time leaving work
- * vary the routes taken to the grocery store or to and from work. Know what to do if attacked in your car, store, bus, parking lot, etc.
- * plan what to do in various situations if the abuser confronts you

TEENS IN VIOLENT DATING RELATIONSHIP

Family violence also occurs among teens in dating relationships. Teen victims also need to prepare in advance.

- * decide which parent, friend, teacher, relative or police officer you can tell about the abuse
- * call the WCFOC legal advocate at 303-814-7102 for more information about protective orders
- * report abuse to the police
- * plan a safety route in advance



NEED HELP OR JUST HAVE QUESTIONS?
(303) 688-8484

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