



Planning My Escape:



Safety Plan for Victims & Survivors of Domestic Violence



Planning My Escape: **REVISED**
Safety Plan for Victims/Survivors of Domestic Violence

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THE HARDEST DECISION

Planning to leave an abusive relationship is the hardest decision to make. So many things to take into consideration (where will you go, legal steps, uprooting children, explaining to others, etc). Others may feel that your reasons for leaving are not valid. Just because you don't have physical scars doesn't mean you are not a victim or survivor. 80% of victims/survivors don't have physical scars to prove their abuse.

When you are in this type of situation, it is very important that you understand that **NO ONE** understands your condition better than you. They are not there with you when the abuse takes place. There isn't any way of knowing what your abuser will do next. Therefore, you are the best person to make this decision.

A safety plan is one of the best tools you can have when trying to come to the best decision for you and your children or for yourself. The safety plan, in the book, is a comprehensive, step-by-step plan to assist you in eight areas of your life. All you have to do is fill in the blanks. **DO NOT** take this plan home. Leave it at your office or give it to a trusted friend or relative. As a matter of fact, only tell one person (a trusted friend or relative) what you intend to do. Any more than one will hamper your efforts to leave, because you don't know who your abuser knows. And once the abuser knows, your plan is out the window.

Leaving an abusive relationship is the most dangerous time for you. Why? Because the abuser will feel that the control is no longer there. Which makes the abuser a very dangerous person and all rational is non-existent. Leaving is also hard because you begin to remember the loving time in that relationship and of the many years you have put into it. Then the thoughts of 'how did we get here' will surface.

Listen, YOU know your abuser better than anyone. Rely on what you know and use it to your benefit. Follow your spirit, it will not lead you astray. Pray and ask God for guidance. Ask Him to put people and resources in place to help you.

Only YOU will know when it is time to leave. Don't be so concerned with what your abuser is feeling that you stop caring about your safety. Always remember, it is NOT your fault and it is never too late to stand up for yourself. However, be wise, strategic and careful.

The 24-hour National Hotline for Domestic Violence is 800-799-SAFE (7233)



It's time to go....



Planning for Safety

A safety plan is a must have in a domestic violence situation. Victims/Survivors will need to plan a strategic safety route that will allow them to leave without incident.

Just remember, leaving is the most dangerous time, so be careful!

Please share this plan with ANYONE that need information on what to do in a domestic violence situation for the safety of their lives and the lives of their children.

After The Trauma, Inc., is here to assist anyway possible – visit our Facebook page

<https://bit.ly/2xVYIk5>



PERSONALIZED SAFETY PLAN

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to maneuver myself and my children to safety.

STEP 1: Safety during a violent incident.

Women cannot always avoid violent incidents. In order to increase safety, a variety of strategies can be used.

I can use some or all the following strategies:

- A. If I decide to leave, I will _____. (*Practice how to get out safely. Analyze which doors, windows, elevators, stairwells, or fire escapes would you use?*)
- B. I can keep my purse and car keys ready and put them (*location*) _____ in order to leave quickly.
- C. I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.
- D. I can teach my children how to use the telephone to contact the police and the fire department.
- E. I will use _____ as my code word with my children and my friends so they can call for help.
- F. If I must leave my home, I will go _____. (*Decide this even if you don't think there will be a next time.*) If I cannot go to the location above, then I can go to _____ or _____.
- G. I can also teach some of these strategies to my children.
- H. When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as _____. (*Avoid arguments in the bathroom, garage, kitchens, near weapons or in rooms without access to an outside door.*)
- I. I will be confident using my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I must protect myself until I/we are out of danger.



STEP 2: *Safety when preparing to leave.*

Abused women frequently leave the residence they share with the abuser. Leaving must be done with a careful plan in order to increase safety. Abusers often strike back when they believe the victim is leaving their relationship.

I can use some or all the following safety strategies:

- A. I will leave money and an extra set of keys with _____ so I can leave quickly.
- B. I will keep copies of important documents or keys at _____.
- C. I will open a savings account by _____ to increase my independence.
- D. Other things I can do to increase my independence include: _____

- E. The domestic violence program’s hotline number is 800-799-7233
_____. My local coalition phone number is _____.
I can seek shelter by calling both numbers.
- F. I will purchase a TRAC phone for emergency calls to the hotline and police. This will ensure that my telephone communications are confidential because my abuser will not have access to my data.
- G. I will check with _____ and _____ to see who would be able to let me stay with them or lend me money.
- H. I can leave extra clothing with _____ as well as hide 3 days of clothing in my trunk.
- I. I will review my safety plan every _____ in order to plan the safest way to leave my residence. _____ (*Domestic violence advocate or friend*) has agreed to help me review this plan.
- J. I will rehearse my escape plan with my children.



STEP 3: *Safety in my own residence.*

There are many things that a woman can do to increase her safety in her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use include:

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors (*if necessary*) with steel/metal doors.
- C. I can install security systems including additional locks, window bars, poles to sedge against doors, an electronic system, etc.
- D. I can purchase rope ladders to be used for escape from higher floor windows.
- E. I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.
- F. I can install an outside lighting system that lights up when a person is coming close to my house.
- G. I will teach my children how to use the telephone to make a call to me and to _____
_____ (*friend/minister/other*) if my partner takes the children.



STEP 4: *Safety with a protection order*

Many abusers obey protection orders, but one can never be sure which violent partner will obey and which will violate protection orders.

The following are some steps that I can take to help the enforcement of my protection order:

- A. I will always keep my protection order near me. (*Always keep it on or near your person. If you change purses, that's the first thing that should go in.*)
- B. I will give my protection order to police departments in the community where I work, in those communities where I usually visit family or friends, and in the community where I live.
- C. There should be a county/parish registry of protection orders that all police departments can call to confirm a protection order. I can check to make sure that my order is in the registry. The phone number for the county registry of protection orders is _____. (*Register protective order at the courthouse under Full, Faith & Credit.*)
- D. For further safety, if I often visit other counties/parishes, I might file my protection order with the court in those counties/parishes. I will register my protection order in the following counties/parishes:
_____ and _____.
- E. I can call the local domestic violence program if I am not sure about B., C., or D. above or if I have some problem with my protection order.
- F. I will inform my employer, my minister, my closest friend that I have a protection order in effect.
- G. If my partner destroys my protection order, I can get another copy from the courthouse.
- H. If my partner violates the protection order, I can call the police and report a violation, contact my attorney, call my advocate, and/or advise the court of the violation.
- I. If the police do not help, I can contact my advocate or attorney and will file a complaint with the Chief of the police department.
- J. I can also file a private criminal complaint in the jurisdiction where the violation occurred or with the district attorney. I can charge my abuser with a violation of the protection order and all the crimes that he commits in violating the order. I can call a domestic violence advocate to help me.



STEP 5: *Safety on the job and in public.*

Every abused woman must decide when she will tell others that her partner has abused her and that she may be at continued risk. Friends, family and co-workers can help to protect women. Each woman should consider carefully which people to invite to help secure her safety.

I might do any or all the following:

- A. I can inform my supervisor and the security supervisor at work of my situation.
- B. I can ask _____ to help screen my telephone calls to work.
- C. When leaving work, I can _____
_____:
- D. When driving home, if problems occur, I can _____
_____:
- E. If I use public transportation, I can _____
_____:
- F. I can use different grocery stores and shopping malls for shopping.
- G. I can use a different bank and take care of my banking at hours different from those I used when residing with my battering partner.
- H. I can also _____:



STEP 6: *Safety and drug or alcohol use.*

Most people in this culture use alcohol. Many use mood-altering drugs. Much of this use is legal and some is not. The legal outcomes of using illegal drugs can be very hard on the victim and may hurt her relationship with her children as well as put her at a disadvantage in other legal actions with her abuser.

Therefore, victims should carefully consider the potential cost of the use of illegal drugs. But beyond this, the use of any alcohol or other drugs can reduce a woman’s awareness and ability to act quickly to protect herself from her abuser. Furthermore, the use of alcohol or other drugs by the abuser may give him/her an excuse to use violence. Therefore, in the context of drug or alcohol use, a victim needs to make specific safety plans.

If drug or alcohol use has occurred in my relationship, I can enhance my safety by the following:

- A. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.

- B. I can also _____.

- C. If my partner is using, I can _____.

- D. I might also _____.

- E. To safeguard my children, I might _____ and

_____.



STEP 7: Safety and my emotional health

The experience of being physically and verbally degraded by abusers is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

To conserve my emotional energy, resources AND to avoid hard emotional times, I can do some of the following:

A. If I feel down and ready to return to a potentially abusive situation, I can _____
_____.

B. When I must communicate with my partner in person or by telephone, I can _____
_____.

C. I can tell myself “_____” whenever I feel others are trying to control or abuse me.

D. I can call _____ and _____ to help me feel stronger.

E. Other things I can do to help me feel stronger are _____,
_____and _____.

F. I can attend workshops and support groups at the domestic violence program or _____
_____, _____, or _____
_____ to gain support and strengthen my relationships with other people.



STEP 8: *Items to take when leaving*

When victims leave abusers, it is important to take certain items with them. Beyond this, victims should give an extra copy of protective orders and an extra set of clothing to a friend just in case they must leave quickly.

Items with a check mark listed below are the most important to take with you. If there is time, the other items might be taken, or stored outside the home.

These items are to be placed in one location, so that if we must leave in a hurry, they can grab them quickly.

When I leave, I should take:

- | | |
|--|--|
| ✓ Identification for myself | Lease/rental agreement & payment history |
| ✓ Children's birth certificates | Insurance information |
| ✓ My birth certificate | Pictures |
| ✓ Social security cards | Jewelry |
| ✓ School and vaccination records | Children's favorite toy(s)/blanket(s) |
| ✓ Money | Items of sentimental value |
| ✓ Checkbook, ATM card | |
| ✓ Credit cards | |
| ✓ Keys – house/car/office | |
| ✓ Driver's license and registration | |
| ✓ Medications | |
| ✓ Passport(s) | |
| Welfare identification | |
| Work permits | |
| Green card | |
| Divorce papers | |
| Medical records – for all family members | |



☐ **Telephone numbers list in my phone:**

Police department – home _____

Police department – school _____

Police department – work _____

Battered women’s program _____

Battered men’s program _____

County/Parish registry of protection orders _____

Work number _____

Supervisor’s home number _____

Minister _____

Others _____



State Coalitions Against Domestic Violence List

Find the one in your state and call for help!

You are not alone!



Find a coalition in your area. They are there to help!



Alabama Coalition Against Domestic Violence

(334) 832-4842; Fax: (334) 832-4803

(800) 650-6522 Hotline

Website: www.acadv.org

Email: info@acadv.org

Alaska Network on Domestic and Sexual Violence

(907) 586-3650; Fax: (907) 463-4493

Website: www.andvsa.org

Email: andvsa@andvsa.org

Arizona Coalition Against Domestic Violence

(602) 279-2900; Fax: (602) 279-2980

(800) 782-6400 Nationwide

Website: www.azcadv.org

Email: info@azadv.org

Arkansas Coalition Against Domestic Violence

(501) 907-5612; Fax: (501) 907-5618

(800) 269-4668 Nationwide

Website: www.domesticpeace.com

Email: acadv@domesticpeace.com

California Partnership to End Domestic Violence

(916) 444-7163; Fax: (916) 444-7165

(800) 524-4765 Nationwide

Website: www.cpedv.org

Email: info@cpedv.org

Colorado Coalition Against Domestic Violence

(303) 831-9632; Fax: (303) 832-7067

(888) 788-7091

Website: www.ccadv.org

Email: info@ccadv.org

Connecticut Coalition Against Domestic Violence

(860) 282-7899; Fax: (860) 282-7892

(800) 281-1481 In State

(888) 774-2900 In State DV Hotline

Website: www.ctcadv.org

Email: contactus@ctcadv.org

Delaware Coalition Against Domestic Violence

(302) 658-2958; Fax: (302) 658-5049

(800) 701-0456 Statewide

Website: www.dcadv.org

Email: dcadvadmin@dcadv.org

DC Coalition Against Domestic Violence

(202) 299-1181; Fax: (202) 299-1193

Website: www.dccadv.org

Email: info@dccadv.org

Florida Coalition Against Domestic Violence

(850) 425-2749; Fax: (850) 425-3091

(850) 621-4202 TDD

(800) 500-1119 In State

Website: www.fcadv.org

Georgia Coalition Against Domestic Violence

(404) 209-0280; Fax: (404) 766-3800

Crisis Line (800)334-2836

Website: www.gcadv.org

Email: info@gcadv.org

Hawaii State Coalition Against Domestic Violence

(808) 832-9316; Fax: (808) 841-6028

Website: www.hscadv.org

Email: admin@hscadv.org

Idaho Coalition Against Sexual & Domestic Violence

(208) 384-0419; Fax: (208) 331-0687

(888) 293-6118 Nationwide

Website: www.idvsa.org

Email: info@engagingvoices.org

Illinois Coalition Against Domestic Violence

(217) 789-2830; Fax: (217) 789-1939

Website: www.ilcadv.org

Email: ilcadv@ilcadv.org



Indiana Coalition Against Domestic Violence
(317) 917-3685; Fax: (317) 917-3695
(800) 332-7385 In State
Website: www.violenceresource.org
Email: icadv@violenceresource.org

Iowa Coalition against Domestic Violence
(515) 244-8028; Fax: (515) 244-7417
(800) 942-0333 In State Hotline
Website: www.icadv.org,
Email: icadv@icadv.org

Kansas Coalition against Sexual and Domestic
Violence
(785) 232-9784; Fax: (785) 266-1874
Website: www.kcsdv.org
Email: coalition@kcsdv.org

Kentucky Domestic Violence Association
(502) 209-5382; Fax: (502) 226-5382
Website: www.kdva.org
Email: info@kdva.org

Louisiana Coalition Against Domestic Violence
(225) 752-1296; Fax: (225) 751-8927
Website: www.lcadv.org;
Email: info@icadv.org

Maine Coalition to End Domestic Violence
(207) 430-8334; Fax: (207) 430-8348
Website: www.mcedv.org
Email: info@mcedv.org

Maryland Network Against Domestic Violence
(301) 429-3601; Fax: (301) 809-0422
(800) 634-3577 Nationwide
Website: www.mnadv.org
Email: info@mnadv.org

Jane Doe, Inc./Massachusetts Coalition Against
Sexual Assault and Domestic Violence
(617) 248-0922; Fax: (617) 248-0902
TTY/TTD: (617) 263-2200
Website: www.janedoe.org
Email: info@janedoe.org

Michigan Coalition against Domestic & Sexual
Violence
(517) 347-7000; Fax/TTY: (517) 240-0902
Website: www.mcadsv.org
Email: general@mcadsv.org

Minnesota Coalition for Battered Women
(651) 646-6177; Fax: (651) 646-1527
Crisis Line: (651) 646-0994
(800) 289-6177 Nationwide
Website: www.mcbw.org
Email: mcbw@mcbw.org

Mississippi Coalition Against Domestic Violence
(601) 981-9196; Fax: (601) 981-2501
(800) 898-3234
Website: www.mcadv.org
Email: support@mcadv.org

Missouri Coalition Against Domestic Violence
(573) 634-4161; Fax: (573) 636-3728
Website: www.mocadsv.org
Email: mocadsv@mocadsv.org

Montana Coalition Against Domestic & Sexual
Violence
(406) 443-7794; Fax: (406) 443-7818
(888) 404-7794 Nationwide
Website: www.mcadsv.com
Email: mtcoalition@mcadsv.com

Nebraska Domestic Violence and Sexual Assault
Coalition
(402) 476-6256; Fax: (402) 476-6806
(800) 876-6238 In State Hotline
(877) 215-0167 Spanish Hotline
Website: www.ndvsac.org
Email: help@ndvsac.org

Nevada Network Against Domestic Violence
(775) 828-1115; Fax: (775) 828-9911
Website: www.nnadv.org
Email: info@nnadv.org



New Hampshire Coalition Against Domestic and Sexual Violence

(603) 224-8893; Fax: (603) 228-6096

(866) 644-3574 In State

Website: www.nhcadsv.org

Email: info@nhcadsv.org

New Jersey Coalition for Battered Women

(609) 584-8107; Fax: (609) 584-9750

(800) 572-7233 In State

Website: www.njcbw.org

Email: info@njcbw.org

New Mexico State Coalition Against Domestic Violence

(505) 246-9240; Fax: (505) 246-9434

(800) 773-3645 In State

Website: www.nmcadv.org;

Email: info@nmcadv.org

New York State Coalition Against Domestic Violence

(518) 482-5464; Fax: (518) 482-3807

(800) 942-5465 English-In State

(800) 942-6908 Spanish-In State

Website: www.nyscadv.org

Email: nyscadv@nyscadv.org

North Carolina Coalition Against Domestic Violence

(919) 956-9124; Fax: (919) 682-1449

(888) 997-9124 Nation wide

Website: www.nccadv.org

North Dakota Council on Abused Women's Services

(701) 255-6240; Fax: (701) 255-1904

(888) 255-6240 Nationwide

Website: www.ndcaws.org

Email: contact@cawsnorthdakota.org

Action Ohio Coalition for Battered Women

(614) 825-0551; Fax: (614) 825-0673

(888) 622-9315 In State

Website: www.actionohio.org

Email: actionohio@wowway.biz

Ohio Domestic Violence Network

(614) 781-9651; Fax: (614) 781-9652

(800) 934-9840

Website: www.odvn.org

Email: info@odvn.org

Oklahoma Coalition Against Domestic Violence and Sexual Assault

(405) 524-0700; Fax: (405) 524-0711

Website: www.ocadvsa.org

Email: Prevention@ocadvsa.org

Oregon Coalition Against Domestic and Sexual Violence

(503) 230-1951; Fax: (503) 230-1973

Website: www.ocadsv.com

Email: adminasst@ocadsv.com

Pennsylvania Coalition Against Domestic Violence

(717) 545-6400; Fax: (717) 545-9456

(800) 932-4632 Nationwide

Website: www.pcadv.org

The Office of Women Advocates

(787) 721-7676; Fax: (787) 725-9248

Rhode Island Coalition Against Domestic Violence

(401) 467-9940; Fax: (401) 467-9943

(800) 494-8100 In State

Website: www.ricadv.org

Email: ricadv@ricadv.org

South Carolina Coalition Against Domestic Violence and Sexual Assault

(803) 256-2900; Fax: (803) 256-1030

(800) 260-9293 Nationwide

Website: www.sccadvasa.org



South Dakota Coalition Against Domestic
Violence & Sexual Assault
(605) 945-0869; Fax: (605) 945-0870
(800) 572-9196 Nationwide
Website: www.southdakotacoalition.org
Email: SKing@sdcedsv.org

Tennessee Coalition Against Domestic and Sexual
Violence
(615) 386-9406; Fax: (615) 383-2967
(800) 289-9018 In State
Website: www.tncoalition.org
Email: tcadv@tcadv.org

Texas Council on Family Violence
(512) 794-1133; Fax: (512) 794-1199
(800) 525-1978 In State
Website: www.tcfv.org

Utah Domestic Violence Council
(801) 521-5544; Fax: (801) 521-5548
Website: www.udvac.org

Vermont Network Against Domestic Violence and Sexual
Assault
(802) 223-1302; Fax: (802) 223-6943;
(802) 223-1115 TTY
Website: www.vtnetwork.org
Email: vtnetwork@vtnetwork.org

Virgin Island Domestic Violence and Sexual
Assault Council
(340) 719-0144; Fax: (340) 719-5521
Website: www.vidvsac.org
Email: info@vidvsac.org

Virginia Sexual & Domestic Violence Action Alliance
(804) 377-0335; Fax: (804) 377-0339
(800) 838-8238 Nationwide
Website: www.vsdvalliance.org
Email: info@vsdvalliance.org

Washington State Coalition Against Domestic
Violence
(360) 586-1022; Fax: (360) 586-1024;
(360) 586-1029 TTY
&
(206) 389-2515; Fax: (206) 389-2520
(800) 886-2880 In State
(206) 389-2900 TTY
Website: www.wscadv.org
Email: wscadv@wscadv.org

Washington State Native American Coalition
Against Domestic & Sexual Assault
(360) 352-3120; Fax: (360) 357-3858;
(888) 352-3120
Website: www.womenspirit.net

West Virginia Coalition Against Domestic
Violence
(304) 965-3552 Fax: (304) 965-3572
Website: www.wvcadv.org
Email: website@wvcadv.org

End Domestic Abuse Wisconsin: The Wisconsin Coalition
Against Domestic Violence
(608) 255-0539; Fax: (608) 255-3560
Website: www.endabusewi.org
Email: wcadv@wcadv.org

Wyoming Coalition Against Domestic Violence and
Sexual Assault
(307) 755-5481 Fax: (307) 755-5482
(800) 990-3877 Nationwide
Website: www.wyomingdvsa.org
Email: Info@mail.wyomingdvsa.org







Organizations providing assistance to victims/survivors

National Hotline for Domestic Violence ~ 24- Hour Hotline

800-799-SAFE (7233)

TTY 800-787-3224

National Resource Center on Domestic Violence

<https://www.nrcdv.org/>

Love is Respect – the National Dating Abuse Helpline

866-331-9474

TTY 866-331-8453

Text “loveis” to 22522

Live chat at

<https://www.loveisrespect.org/>

Strong Hearts Native Helpline

844-762-8483

<https://www.strongheartshelpline.org/>

For rape/sexual assault services, contact

RAINN—the Rape Abuse Incest National Network

800-656-4673 (HOPE)

Secure, online private chat:

<https://hotline.rainn.org/online>

Stalking Resource Center

www.ncvc.org

Help for Men Who Are Being Abused

<https://www.helpguide.org/articles/abuse/help-for-men-who-are-being-abused.htm>

Domestic Shelters

<https://www.domesticshelters.org/>

FAMILY AND YOUTH SERVICES BUREAU

An Office of the Administration for Children & Families

<https://www.acf.hhs.gov/fysb/programs/family-violence-prevention-services/programs/ndvh>



VINE Link Web Site

Also, log onto www.vinelink.com for the same functionality in a convenient web format.

Put VINE to Work for You For more information about VINE or to arrange for a demonstration, contact Appriss at 1-866Appriss

Benefits Of VINE

Around-the-clock support — a staff of live operators to assist victims and technicians who monitor all VINE systems

- Saves taxpayers money by eliminating the need to manually notify victims, allowing staff to focus on their core responsibilities
- Provides life-saving services to victims at no cost
- Helps satisfy most states' legislative requirement for victim notification
- Depending on the community, victims can interface with VINE in multiple languages □ VINE generates about 700,000 notification calls each month

Where Is VINE?

- More than 2,100 communities nationwide □ Most of the nation's largest metropolitan areas
- More than two-thirds of the nation's Departments of Correction
- To date, more than two-thirds of the nation is using the patented VINE system to keep victims informed about offenders. All these communities are connected to the Appriss Data Network™, the nation's largest integrated criminal justice information database. Data from county and state correctional facilities is collected by this central hub, where Appriss manages automated interfaces and monitors 13 million offender transactions each month.

How VINE Works

- VINE communicates with jail and prison booking systems in near real-time, transmitting updated information to the Appriss Data Network.
- Crime victims and the general public can access the information by calling a local tollfree number, or logging onto www.vinelink.com, any time of the day or night.
- Victims can inquire whether an offender is held in jail as well as the facility's location.
- Users can register to be notified immediately of a change in the offender's status, such as release, transfer, or escape.
- When a notification is triggered, VINE automatically calls the number or numbers the victim has provided.
- Calls continue for a designated period, or until the victim enters a four-digit PIN.



International Domestic Violence Resources

These are International Domestic Violence Resources

http://www.vachss.com/help_text/domestic_violence_intl.html