Devise a Safety plan and review it often!

Safety During an Explosive Incident
- If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in the bathroom, kitchen, or anywhere near weapons.
- Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.
- Have a packed bag ready and keep it in an undecluttered but accessible place in order to leave quickly.
- Identify a neighbor you can tell about the situation and ask that they call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- Use your own instincts and judgement. If the situation is very dangerous, consider giving the abuser what they want to calm them down. You have the right to protect yourself until you are out of danger.
- Always Remember That You Don't Deserve to be Hit or Threatened!

Safety When Preparing to Leave
- Open a savings account in your own name to start to establish or increase your independence. Think of other ways to increase your independence.
- Leave money, an extra set of keys, copies of important documents, and extra clothes with someone you trust so you can leave quickly.
- Determine who would be able to let you stay with them or lend you some money.
- Keep your shelter phone number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- Review your safety plan as often as possible in order to plan the safest way to leave your abuser. Leaving your abuser is the most dangerous time.

Safety in Your Home
- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- Discuss a safety plan with your children for when you are not with them.
- Inform your child's school or childcare provider about who has permission to pick up your child. Tell them to call the police if an unauthorized person attempts to take your children.
- Inform your neighbors and landlord that your partner no longer lives with you and they should call the police if they see him near your home.
- Never call the abuser from your home. If he has caller ID, he may be able to locate your residence.

Safety with a Protective Order
- Keep your protective order with you at all times. (When you change your purse, it should be the first thing that goes in!)
- Call the police immediately if your partner breaks the protective order.
- Think of alternative ways to keep safe if the police do not respond right away.
- Inform family, friends, co-workers, and neighbors that you have a protective order in effect.

For more information about your legal rights and options contact one of the following numbers:

- Washington County Police Emergency ............... 911
- Rape/Domestic Violence Program
  CASA, Inc. (Citizens Assisting and Sheltering the Abused)
  116 W. Baltimore Street
  Hagerstown, Maryland 21740
  Office ............... 301-793-4990
  24 Hour Hotline ......... 301-739-8975
  Hearing Impaired .......... 711
- Abuser Intervention Program ............... 301-793-4990
- Washington County District Court ............... 240-420-4600
  35 W. Washington Street
  Hagerstown, Maryland 21740
  District Court Commissioner ............... 240-420-4650
- Washington County Circuit Court ............... 301-790-4972
  95 W. Washington Street
  Hagerstown, Maryland 21740
- Washington County State's Attorney ............... 240-313-2000
- Child Protective Services ............... 240-420-2222
- Adult Protective Services ............... 240-420-2155
- Out-of-County/State Shelters
  Heartly House/Frederick, MD ............... 301-662-8800
  Family Crisis Resource Center/Cumberland, MD ............... 301-793-9247
  Shenandoah Women's Center/Martinsburg, WV ............... 304-262-6292
  Women In Need/Chambersburg, PA ............... 717-264-4444

Crisis Center's mission is to provide services which promote physical and emotional safety and foster growth for people involved in domestic violence or sexual assault.

Safety on the Job & in Public
- Decide who at work you will inform of your situation. This should include office building security (provide a picture of your abuser if possible).
- Arrange to have someone screen your telephone calls if possible.
- Devise a safety plan for when you leave work. Have someone escort you to your car, bus or train. Use a variety of routes to travel home. Think about what you would do if something happened while going home (i.e. in your car, on the bus, etc.)

Safety & Emotional Health
- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- If you have to communicate with your partner, determine the best way to do so.
- Have positive thoughts about yourself and be assertive with others about your needs.
- Read books, articles, and poems to help you feel stronger.
- Plan to attend a women's victim's support group for at least 2 weeks to gain support from others and to learn more about yourself and your relationship.

Safety If You are a Teen in a Violent Dating Relationship
- Decide which parent, friend, teacher, relative, or police officer you can tell.
- Contact an advocate at the court to learn how to obtain a protective order and make a safety plan.

Your Safety Plan

Plan for the Safest Way to Leave an Abusive Relationship

Checklist

What You Need to Take When You Leave:
- Identification
- Driver's License
- Child's Birth Certificate
- Your Birth Certificate
- Money
- Lease, Rental Agreement, House Deed
- Bank Books
- Checkbooks
- Insurance Papers
- House and Car Keys
- Medications
- Medical Records (self and children)
- Social Security Cards
- Social Service Identification Papers
- Green Card
- Passport
- Divorce Papers
- School Records
- Small objects to sell for extra cash
- Address Book
- Pictures
- Jewelry
- Child's Small Toys
- Other