



SOLEDAD POLICE DEPARTMENT

Victim and Witness Assistance Advocate

Safety Plan

**IF YOU NEED IMMEDIATE MEDICAL ATTENTION OR THE POLICE PLEASE DIAL
9-1-1**

- If you are not in danger, but you would like to speak to someone, please contact the [YWCA](#) confidential, 24-hour helpline.
 - **1-831-372-6300 – YWCA**
 - **1-831-757-1001 (español) – YWCA**
- The **YWCA** provides local emergency shelter and counseling for victims of domestic violence. You can also contact the **National Domestic Violence hotline** number at **1-800-799-7233**.

You may be victimized again in the future. Having a safety plan can help you avoid such a tragedy. A safety plan should include what you can do before and during an attack:

- Try to avoid these places when you sense an argument rising, the bathroom, the kitchen, or any area with weapons around.
- Stay close to the door or near a room that locks behind you with a window. Try to keep your phone on you when you are around your partner.
- Call for help, scream as loudly and for as long as you can. You have nothing to be ashamed of –the abusive person does.
- Practice your escape and be aware of all your exit points.
- Identify neighbors you can talk about the violence. Ask them to call the police if they hear signs of domestic violence coming from the house.
- Have a “code word” to use with your children, family, friends, and neighbors so they know to call the police when you say that word.
- Trust your instincts. Do whatever you have to, to survive.

If you find that you or your children are in danger from your partner, you must leave home and work out a plan which should include:

- Leave money, an extra set of keys, and copies of your important papers hidden safely somewhere in your home or with someone you trust. You may have to leave fast and need these things later.
- Open a savings account in your name. Give the bank a safe address, like a post office box or your work address. Take advantage of the [Safe at Home Program](#), which gives you a secure address to use for your court papers (or for banking and other things).



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- Keep the phone number of the local domestic violence shelter nearby in your cell phone (if it is safe).
 - Remember that shelters may be at full capacity, if you are able to plan it, call ahead of time to see if there are any beds available.
- Have a suitcase or backpack with a couple of changes of clothes for yourself and your children and keep it hidden or with someone you trust. You might not be able to take much but remember things are replaceable, your life is not.
- Include the following items:
 - Driver's license
 - Birth Certificates (yours and your children's)
 - Green Card and/or Work Permit
 - Welfare Identification
 - Social Security Card and Passports
 - Medical and vaccination records
 - School records
 - Insurance papers

Once you are safe, consider requesting a Domestic Violence Restraining Order that:

- Restrains the perpetrator from hurting you, your children, pets, or other involved family members.
- Remove the abuser from your home,
- To keep the abuser away from you, your home, school, business, or place of employment.
- To keep the abuser from calling you, your family, work, children's school, and childcare.
- Awards custody of, or visitation with, a minor child to the victim and protects the child from the restrained party.
- Directs child support of minor children and other financial responsibilities.
- Directs that either or both parties participate in counseling.

Once your partner is out of the home, you can do the following to be safe when you live on your own:

- Change the locks on your doors as soon as you can. Put locks on all your doors and windows. If you live in an apartment notify your landlord before having this done, it should not be an issue if there is a protection order.



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- If there is a protection order your partner should be removed from the lease agreement.
- Ask your local phone company (and your cell phone company) for an unlisted number.
- Teach your children how to be safe, for times when you are not with them.
- Tell your neighbors and landlord that your spouse or partner no longer lives with you. Inform your employer or coworkers of the separation. Ask them to call the police if they see him/her.
- Keep copies of your protection order with you, your car, and your work. Provide a copy to your children's schools or daycare provider.