

PLANNING AHEAD WITH A SAFETY CHECKLIST

If you are considering leaving your abusive relationship, you may need the items listed below. Plan ahead by storing them in a safe, accessible place, but remember that your safety should come first. It is helpful to have these items, but everything on this list can be replaced.

IDENTIFICATION

- Driver's license
- Birth certificate (yours and your children's)
- Social Security cards

FINANCIAL

- Money
- Credit cards (only if they are in your name)
- Checking and savings account books and information

LEGAL PAPERS

- Protective Order
- Lease, rental, house deed
- Car insurance and registration
- Health and life insurance papers
- Medical records for you and your children
- School records
- Work permits, green card, visa, passport
- Divorce and custody papers
- Marriage license

OTHER

- Medications
- House and car keys
- Valuable jewelry
- Address book, pictures, keepsakes
- Change of clothes for you and your children

OUR MISSION

The Janelle Grum Family Crisis Center of East Texas (Women's Shelter of East Texas, Inc.) is a non-profit organization incorporated to enhance the safety of women, children and men from family violence and sexual assault.

Through education and community awareness, such occurrences can be reduced or prevented by providing emergency crisis and advocacy services.

OFFICE LOCATIONS

■ Lufkin

Administration and Outreach Office
2401 Davisville Rd. • Lufkin, TX 75901
(936) 639-1681

■ Nacogdoches Outreach Office

3909 North St. • Nacogdoches, TX 75965
(936) 569-1018

■ Stephen F. Austin State University

On-Campus Outreach Office
Inside the University Health Services Clinic
(936) 468-SAFE (7233)

■ Center Outreach Office

616 Tenaha St., Ste. A • Center, TX 75965
(936) 427-5140

THRIFT STORE LOCATIONS

■ Lufkin

206 W. Whitehouse Dr. • Lufkin, TX 75901
(936) 634-2324

■ Nacogdoches

3909 North St. • Nacogdoches, TX 75965
(936) 569-1494

The Family Crisis Center of East Texas provides service to the following counties:

- | | | |
|---------------|-----------------|---------------|
| ■ Angelina | ■ Polk | ■ San Jacinto |
| ■ Houston | ■ Sabine | ■ Shelby |
| ■ Nacogdoches | ■ San Augustine | ■ Trinity |



Family Crisis Center

of East Texas

Women's Shelter of East Texas, Inc.

Personal Safety Plan

*Connecting families & communities
through safety & hope*

**24 HOUR HOTLINE
1-800-828-7233**

www.FamilyCrisisCenterOfEastTexas.com



SAFETY IN AN ABUSIVE RELATIONSHIP

- Practice getting out of your home safely. Identify which doors, windows, elevators, or stairwell to use.
- Pack a bag, and have it ready at a friend's or relative's house.
- Identify one or more neighbors you can tell about the violence, and ask them to call the police if they hear a disturbance coming from your home.
- Open a checking or savings account in your own name.
- Leave money, an extra set of keys, copies of important documents, clothes and medicines in a safe place or with someone you trust.
- Identify a safe place where you and your children can go or people who can lend you money.
- Always keep the shelter phone number with you for emergency phone calls.

Remember: You don't deserve to be hit or threatened.

SAFETY DURING AN EXPLOSIVE INCIDENT

- If there is an argument, try to be in a place that has an exit and not in a bathroom, kitchen or room that may contain weapons.
- Devise a code word or sign (such as turning on a particular light) to use with your children, family, friends and neighbors when you need the police.

- Decide and plan where to go if you ever need to leave home to be safe.
- Use your instincts and judgment. In some dangerous situations, give the abuser what he/she wants to calm him/her down.

Remember: Leaving your batterer is the most dangerous time

WHAT IS A PROTECTIVE ORDER?

A protective order legally requires the abuser to stay away from the victim's home or work and prohibits him or her from stalking, assaulting, harassing and/or threatening the victim. Protective Orders also may be renewed. In order to apply, the abuser must be a spouse or ex-spouse, live or ex-live in, a family member, related through marriage or have had a child with victim.

SAFETY WITH PROTECTIVE ORDER

- If you or your children have been threatened or assaulted, you can request a Protective Order from the District/County Attorney's Office.
- Always keep your Protective Order with you.
- Call the police if your partner violates the Protective Order.
- Inform family members, friends, and neighbors that you have a Protective Order in effect.
- Think of alternative ways to keep safe if the police do not respond immediately.

Remember: Love shouldn't hurt

SAFETY IN YOUR OWN RESIDENCE

- If you stay in your home, lock your windows and change the locks on your doors as soon as possible.
- Develop a safety plan with your children for when you are not with them.
- Inform your child's school, day care, etc., about who has permission to pick up your child.
- Inform neighbors and the landlord that your partner no longer lives with you, and they should call the police if they see him/her near your home.
- Never call the abuser from your home. The abuser may find out where you live. Never tell the abuser where you live.
- Request an unlisted/unpublished number from the telephone company.

Remember: There's no excuse for abuse

SAFETY ON THE JOB AND IN PUBLIC

- Decide who at work you will inform of your situation. Include the security officers at work (if possible, provide them with a picture of your batterer).
- When at work, if possible, have someone screen your telephone calls.
- Have someone escort you to and from your car, bus or train.
- If at all possible, use a variety of routes to come and go from home.



You have the right to be safe

