

CALL YOUR
LOCAL SHELTER
TO DISCUSS YOUR
HOUSING
OPTIONS

CONTACT AN
ADVOCATE FOR
HELP DEVISING A
PERSONALIZED
SAFETY PLAN

GET SUPPORT
FROM FAMILY
AND FRIENDS

UTILIZE
CRIMINAL OR
FAMILY COURT
TO OBTAIN AN
ORDER OF
PROTECTION

MAKE YOUR
SAFETY AND THAT
OF YOUR
CHILDREN
FIRST PRIORITY

RESOURCES

24-Hour Domestic Violence Hotlines for Erie County-

862-HELP(4357)

(shelter) 884-6000

NYS Domestic & Sexual Violence Hotline

1-800-942-6906

Spanish 1-800-942-6908

TTY 1-800-818-0656

Family Justice Center of Erie County 558-7233

Hispanics United of Buffalo 856-7110

Child Advocacy Center 886-5437

VINE– sign up for notification of inmate release

1-888-846-3469

www.vinelink.com

NYS Child Abuse Hotline 1-800-342-3720



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PLANNING FOR YOUR SAFETY



B.E. S.A.F.E. Program

Erie County District Attorney's
Office

50 Delaware Ave., 4th floor

25 Delaware Ave., 6th floor

Office: (716) 858-4630

BE SAFE- Because no one has the right to hurt you.

IF YOU ARE STILL IN THE RELATIONSHIP-

- Be aware of signs that your partner's abuse may be escalating.
- Keep a list of people you trust to call in an emergency.
- If I need to leave, I can call HAVEN HOUSE for safe shelter 884-6000.
- Plan escape routes if an argument occurs- avoiding bathrooms (no exits) & kitchens (weapons).
- Teach family/friends a code word or sign to use in case of emergency.
- Try to have a phone accessible at all times. Consider hiding a prepaid cellphone in a safe place.
- Make a habit of backing your car into the driveway for a quick escape.
- Make extra copies of car and house keys-hide them in a safe, accessible place.
- Establish a separate bank account or set aside money that your partner won't have access to.
- Keep a list of important contact numbers with you.
- Keep a small bag packed/hidden with emergency items if you need to leave in a hurry:
-ID, SS cards, Birth certificates, medicine, money, Debit/Credit cards, keys, court papers.
- **TRUST YOUR JUDGEMENT.** Sometimes it is right to leave and other times you may feel you can calm your partner down.
- Call the police if you feel threatened in any way or call your local shelter to discuss your options.
- Know that leaving an abusive relationship can be dangerous and have a plan in place.

AFTER YOU HAVE LEFT THE RELATIONSHIP-

- Change or add locks to your home.
- Change your phone number or screen calls through voicemail or caller ID.
- Put 911 on speed dial. Be aware of GPS on phones and how it can be used to find you.
- Avoid being alone. Have someone stay with you or stay at someone's house temporarily.
- Have an escort to and from work or school.
- Change your daily routine and vary the times/days you go to certain places.
- Keep a list of people you trust to call in an emergency, as well as important numbers.
- Keep a log to save and document the date/times of new incidents that may arise with your partner. Save all texts and voicemails.
- Plan escape routes in your home/work/school.
- If you have an order of protection, keep a copy with you at all times. Give a copy to your family/friends, local police precinct, school, employer, neighbors, landlord, children's daycare or school.
- If your partner knows your social security number, consider having your accounts for utilities, bank accounts, phone, & insurance, password protected so only you have access.
- Consider letting family, friends and neighbors know about your situation in case they need to call 911.
- Teach children how to call 911.
- Keep a small bag packed/hidden with important items.
- Talk with local domestic violence advocates/shelter about further safety options.

TECHNOLOGY SAFETY PLAN

- When filing court papers & police reports, ask that your address/phone number be listed as confidential.
- Be aware of how computers, email, phones and your driving can be monitored, especially if your abuser is "tech" savvy. Adjust privacy settings on Facebook & MySpace.
- Use a safe computer, not shared by your abuser. Create new email accounts using free, web-based email with non-identifying name & account info.
- Check cell phone settings. Use the "lock" feature on your home screen & turn off location-based/GPS settings.
- Change passwords & pin numbers on all accounts- banks, email. Ask utilities to create additional password protections.
- Get a private mailbox & don't give out your real address.
- Use a new or donated cell phone & avoid using a shared plan that reveals your phone log.
- Ask about how your information is shared & how it can be protected. Many governments & courts are putting info on the Internet.
- Search yourself on Google or other search engines using quotes: "Full name". See what info is listed & inquire about getting it removed.