

Things to consider

To increase your safety and the safety of your children:

- Have important numbers accessible to you and your children (i.e., 911, family members etc.).
- Ask a neighbor to be aware of suspicious activity in your home.
- Plan an escape route in case of an emergency and practice the plan with your children.
- Think in advance of where you may be able to go with your children in a hurry.
- Leave extra money, car keys, clothing and copies of documents with someone you trust.
- Call a Domestic Violence Hotline for assistance in planning.

Things to consider

If you leave the relationship:

- Obtain a Protection From Abuse (PFA) Order and keep a copy with you at all times. Keep extra copies in your car, at school, work and/or with someone you trust. *Remember-leaving your batterer is a very dangerous time!*
- Notify all childcare providers if your partner has been restricted from seeing the children in addition to who has permission to pick up your children.
- Change the locks and make sure all outside lights are working.
- Have your calls screened at work and use an answering machine to screen your calls at home.
- Avoid places where your partner knows you will be (grocery stores, banks, etc.)
- When you feel down and ready to return to the relationship, call a support group, hotline or someone you trust.

• It is important to review and update your safety plan often.



If you feel you are in danger call 911.

24-Hour Domestic Violence

Hotlines & Shelters

New Castle County	302-762-6110
NCC Bi-Lingual	302-762-6110
Northern Kent County	302-678-3886
Kent & Sussex County	302-422-8058
Bi-Lingual	302-745-9874

Domestic Violence Advocacy Program:

New Castle County	302-255-0420
Kent County	302-672-1075
Sussex County	302-856-5843

Additional Resources:

Delaware Coalition Against Domestic Violence

New Castle County	302-658-2958
Kent & Sussex County	800-701-0456

Domestic Violence Coordinating Council

Main Number	302-255-0405
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Helping to protect your safety and the safety of your children.

It shouldn't hurt to go home!

Personalized Safety Plan

Helping to protect your safety and the safety of your children.

Prepared by:
Domestic Violence Coordinating Council
302-255-0405

No one deserves to be abused.

- Domestic violence is **NOT** just violence leading to physical injuries. It is a pattern of abusive behavior used to gain control over another person that can include: threats, emotional, sexual or economic abuse; intimidation; deprivation; social isolation or repeated battering and injury.
- Over time the violence usually becomes more frequent and more severe. It does not go away without intervention.
- Children can be devastated by domestic violence. They are hurt by seeing or hearing the violence and they are more likely to be the victims of violence if you are being abused.
- Although you do not have control over your partner's violence, you **DO** have a choice about how to respond to him/her and how to best get yourself and your children to safety.

**You are not alone.
There is help and
support available.**

If you are being abused....

You are not alone. There are people who can understand the problems you are facing and support you.

You can talk with a friend, relative, anyone you trust and think will be supportive. Talking with someone can be the first step in getting the help that you need. Do not let anyone deny the violence you have experienced.

You can call the police or have a doctor check your injuries.

You can file for Protection From Abuse (PFA) Order at Family Court.

You can call a confidential domestic violence hotline and speak with an advocate. See phone numbers on this brochure.

If you know someone who is being abused....

Do not ignore it. Let them know privately that you are aware of the situation. Be a good listener.

Do not blame the victim or ask what they did to deserve it. Offer support and the space to express hurt, anger and fear.

If you can, offer transportation or childcare.

Let them make their own decisions even if they choose to stay with the abuser. They must be the one to seek help. It often takes a long time for a person to decide to leave.

Let them know what resources are available. Give them a copy of this brochure and create a personal safety plan together.

Encourage them to call a DV Hotline.



If you have time to safely gather belongings before leaving, below is a checklist of items to consider:

- Photo identification
- Prescription medications
- Your Protection From Abuse (PFA) Order
- Custody Papers/Divorce Papers
- Medicare/health insurance cards
- Cell phone & charger
- Birth certificates
- Social Security cards
- Money, bank books, credit cards, food stamps
- Keys to home, car, office
- Driver's license and registration
- Passports
- Green cards/documentation
- Pictures/Items of sentimental value
- Children's diapers and formula
- Favorite toys and/or blankets