

Checklist:

What you need to take when you leave

IDENTIFICATION

- Driver's License
- Birth Certificate
- Children's Birth Certificates
- Social Security Cards

FINANCIAL INFORMATION

- Money
- Credit cards/Prepaid Visa
- Checking and/or savings account books

LEGAL PAPERS

- Order of Protection
- Lease, rental agreement, and house deed
- Car registration and insurance papers
- 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

- Cell phone and charger
- Computer/Tablet
- Medications
- House and car keys
- Valuable jewelry
- Pictures and sentimental items
- Change of clothes for you and your children and favorite blankets/toys

DVSA CENTER
24/7 Safety Hotline
615-896-2012



615-494-8899

Monday-Friday 8am-4:30pm

No Appointment Necessary

All Services Are Free

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DOMESTIC VIOLENCE
AND SEXUAL ASSAULT



MIDDLE TENNESSEE STATE
UNIVERSITY

POWER OF ONE

Personal Safety Plan

Taking precautions
and making plans to
stay safe

IN CASE OF EMERGENCY,
ALWAYS CALL 911



Safety In 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.
- Practice getting out of your home safely. Identify which doors, windows, elevator, or stairwell to use.
- Pack a safety bag with money, change of clothes, set of keys, and leave it at the house of someone you trust.
- 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.
- Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- Decide and plan where you will go if you ever have to leave home.
- Use your instincts and judgment. In some dangerous situations, give the abuser what he/she wants to calm him/her.
- Keep your cell phone charged, and call 911 with the address where you need assistance.

Safety With an Order of Protection

- Keep your Order of Protection with you at ALL times.
- Call the police immediately if the abuser does something the order says not to do. This is a violation of the order.
- Think of alternate ways to keep safe if the police do not respond immediately.
- Change the locks on the doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- Let your family, friends, neighbors, and health care providers know when you have a protective order in effect.
- Save voicemails, and take them to a domestic violence advocate to record as evidence of the violation of the order.

THE NEW YOU

Domestic violence usually repeats itself. Battering tends to increase and become more violent over time.

Leaving can often be the most dangerous time. Prepare a plan and take caution.

You do not deserve to be assaulted or threatened. Your life matters.

Most importantly, you are not alone in this!

Safety When Preparing to Leave

- Open a checking or savings account in your own name.
- Leave money, an extra set of keys, copies of important documents, extra clothes, and all medicines in a safe place or with someone you trust.
- Get your own post office box.
- Identify a safe place where you can go and someone who can lend you money.
- Discuss a safety plan with your children for when you are not with them.
- Inform your child's daycare, school, etc. of who has your permission to pick up your children.
- Always keep the shelter phone number or resource number for emergency phone calls with you.
- Think of other ways in which you can increase your independence.

Safety On Your Job and In Public

- Tell someone about your situation. Include MTSU Police if possible, and show them a picture of the abuser.
- Have a safety plan for leaving work. Have someone walk you to your car or bus stop and wait with you until you are safe. Drive home by different routes. You may call MTSU Police at 615-898-2424 and request a member of Raider Patrol to escort you.

Safety And Emotional Health

- If you are thinking of returning to an abusive situation, first discuss it with someone you trust. You may want to call your counselor or the Domestic Violence & Sexual Assault Center at 615-896-2012.
- If you must contact the abuser, determine the safest way to do so.
- Think positively about yourself and your efforts to keep yourself and your children safe (if applicable). Read books, articles, or spiritual literature to help you feel stronger.
- Join a support group to talk to other people in similar situations. Attend the group at least three times to gain support and learn more about yourself and your relationship.