

Always remember —
**VICTIMS OF DOMESTIC VIOLENCE OFTEN
 ARE IN THE GREATEST DANGER WHEN
 THEY LEAVE A BATTERER.**

**If you are in
 immediate danger,
 call 911
 and give your location**

If you do not get the level of
 service you need from
 any agency, ask to speak
 to a supervisor or
 try another agency.
 Don't get discouraged.
**You have a right to be
 protected!**



**In an emergency, you
 can board any LexTran
 bus and ask for a ride
 to safe shelter.**

**To obtain free brochures for your
 office, business or organization
 please call the Domestic Violence
 Prevention Board at 258-3803.**



A Checklist: What You Need To Take When You Leave

Identification

- Driver's license
- Children's birth certificates
- Your birth certificate
- Social Security cards
- Welfare identification

Financial

- Money and/or credit cards
- Bank books
- Checkbooks

Legal papers

- YOUR PROTECTIVE ORDER
 (keep with you at all times)
- Lease, rental agreement, house deed
- Car title, registration & insurance papers
- Health and life insurance papers
- Medical records for you and children
- School records
- Work permits/Green card/VISA
- Passport
- Divorce & custody papers;
 marriage license
- Pre-trial bond release papers

Other

- House and car keys
- Medications
- Jewelry
- Address book
- Pictures of you, children and the abuser
- Children's small toys
- Toiletries/diapers
- Change of clothes for you and your kids
- Social Security numbers for all
 family members

FAYETTE COUNTY EMERGENCY RESOURCES (24HRS)

Division of Police911 or 258-3600
 Bluegrass Domestic Violence Program* 1-800-544-2022
 District Court Clerk - Protective Orders
 Weekdays246-2248
 After Hours & Weekends246-2228
 Sheriff's Office252-1771

OTHER COMMUNITY RESOURCES

Adult Probation425-2680
 Bluegrass Rape Crisis Center* 1-800-656-4673
 Brenda Cowan Coalition for KY, Inc.276-4457
 Chrysalis House*243-0972
 Commonwealth Attorney's Office246-2060
 County Attorney's Office254-4941
 Department for Community Based Services245-5258
 Detention Center (Jail).....425-2700
 Health/Human Services Information* 211
 Legal Aid of the Bluegrass*233-4556
 The Nest-Center for Women, Children & Families*259-1974
 Office of the Friend of the Court246-2222
 Sheriff's Office (Safety Planning, Domestic Violence Order
 Monitoring, and Offender Treatment Information) ...252-1771
 Sunflower Kids Supervised Visitation268-0487
 Parents' Information Line..... 1-800-244-5373
 State Probation & Parole246-2177
 U.K. Police Department257-1616
 U.K. Targeted Assessment Program245-5109
 U.K. Violence Intervention and Prevention Center257-3574
 Victim Notification (VINE):
 Offender's Release from Jail/Prison1-800-511-1670
 VINE Protective Order.....1-800-511-1670
 Domestic Violence Prevention Board*258-3803

Asterisk () indicates an United Way Agency*



Domestic Violence Personal Safety Plan



You Have A Right To Be Safe



Sponsored by:

Lexington-Fayette Urban County Government
 Lexington Division of Police
 Domestic Violence Prevention Board



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Safety During an Explosive Incident

✓ If an argument seems unavoidable, try to have it in a room or area where you have access to an exit. Try to stay away from the bathroom, kitchen, bedroom or anywhere else where weapons might be available.

✓ Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.

✓ Have a packed bag ready and keep it at a relative or friend's home in order to leave quickly.

✓ Identify one or more neighbors you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.

✓ Devise a codeword to use with your children, family, friends and neighbors when you need the police.

✓ Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).

✓ Use your instincts and judgment. If the situation is very dangerous, consider giving the person you fear what he wants to calm him down. You have the right to protect yourself until you are out of danger.

Always remember—

YOU DON'T DESERVE TO BE CONTROLLED, THREATENED, OR HURT EMOTIONALLY, PHYSICALLY OR SEXUALLY!

Safety With A Protective Order

✓ If you or your children have been threatened or assaulted you can request a protective order from Fayette District Court at 150 N. Limestone. You may request a protective order 24 hours a day, 7 days a week. Among other things you may obtain temporary custody, an order for no contact, and/ or an order for the batterer to vacate the home.

✓ Keep your protective order on you at all times. Give a copy to a trusted neighbor or family member. Be

sure to give a copy to your children's school or child care facility.

✓ Call the police if the person you filed the order against breaks the protective order or if you are uncertain whether or not it has been violated.

✓ Inform employers, family, friends, neighbors and your physician that you have a protective order in effect.

Safety In Your Home

✓ Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.

✓ Schedule an appointment for a **safety** planner from the Sheriff's Office to come to your home.

✓ Discuss a safety plan with your children for when you are not with them and teach them how to call for help.

✓ Inform your children's school, day care, etc., about who has permission to pick up your children.

✓ If you have moved and want to keep your new location confidential, make sure that any agency that asks for your address (e.g. child support office, voter registration, school, child care center, etc.) will keep it confidential before you give it to them.

✓ Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him near your home.

Safety On The Job And In Public

✓ Decide which people at work you will inform of your situation. This should include office or building security. Provide a picture of the **batterer** if possible.

✓ Arrange to have an answering machine, caller ID, or a trusted friend or relative screen your calls, if possible.

✓ Devise a safety plan for when you leave work. Have someone escort you to your vehicle and wait with you until you are safely on your way. Use a variety of routes to go home. Think about what you should

do if something happened while going home (e.g., in your car, on the bus).

Safety When Preparing To Leave

✓ Open a savings account and/or credit card in your own name to start to establish or increase your independence. Remember to change passwords on accounts to restrict access.

✓ Get your own post office box. You can privately receive checks and letters to begin your independence.

✓ Leave money, an extra set of keys, copies of important documents, extra medicines and clothes with someone you trust or in a safe place so you can leave quickly.

✓ Determine who would be able to let you stay with them or lend you some money.

✓ Keep the shelter or hotline phone number close at hand at all times for emergency phone calls, or memorize the number.

✓ Consider alternative plans for your pet's care.

✓ Review your safety plan as often as possible in order to plan the safest way to leave.

Stalking and Your Safety

Stalking is unpredictable and dangerous. If you are being stalked, plan ahead for your safety. Everyone's situation is unique. Only you can determine what will make you safer but here are a few things to consider:

✓ Take stalking seriously and trust your instincts. Don't downplay danger.

✓ Stop all contact. Any response, even a negative one, may encourage a stalker. Don't agree to meet with the stalker, even in public. If you can't stop all contact, focus on how to be safe when you have to have contact.

✓ Vary routines and travel routes. Avoid being isolated or alone.

✓ Report any threats or frightening behavior to the police immediately for protection and documentation.

✓ Call the police if the stalker violates the protective order. Stalking can be a violation of a protective order, bond condition or other type of court order.

✓ Decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else. Plan escape routes and safe places and keep a charged cell phone handy.

✓ Consider getting a home alarm system, wearing a panic button, changing locks, reinforcing doors/windows, increasing lighting, and using motion lights and light timers.

✓ Disconnect joint services such as bank accounts, credit cards, utilities, phones and ask agencies to keep your information confidential.

✓ Tell others you trust about your situation. Show them pictures of the stalker and let them know what kind of car he/she drives. Tell them what to do if they see the stalker or the stalker's car at your home, workplace, school, etc. (for example, call the police or notify security). Develop a signal or code word to let others know when you need help.

✓ Talk to your children about how to be safe and what to do and where to go if something happens.

✓ Ask an advocate to help you develop a safety plan. The Sheriff's Office Safety Planner will even come to your home.

✓ Call one of the agencies in this brochure and find out what help is available (even if your situation is not domestic violence).

**For more information on stalking go to:
www.ncvc.org/src
www.womenslaw.org**

Safety and Technology

✓ Electronic devices, including computers, cell phones, land phones, etc. can be used to stalk you and monitor your behavior. Someone may be able to access your contact with other people through caller ID, redial, phone and computer histories, and spyware.

✓ GPS devices on cars or cell phones may be used to track your current location and where you have been. If someone shows up unexpectedly in an unlikely location, consider the possibility that he/she may be tracking your whereabouts.

✓ Search the internet to see what personal information about you is available and take steps to protect your privacy.