

Check list of what you need to take when you leave:

- ~ Identification
- ~ Drivers license
- ~ Social security cards for you and your children
- ~ Birth certificates for you and your children
- ~ Money and credit cards
- ~ Bankbooks and checkbooks
- ~ Your lease, rental agreement, house deed
- ~ Insurance papers
- ~ House and car keys
- ~ Medications
- ~ Valuable small saleable objects or collections
- ~ Address book
- ~ Pictures
- ~ Medical records, including immunization records for your children
- ~ School records
- ~ Work permits
- ~ Green card
- ~ Passport
- ~ Divorce papers
- ~ Jewelry
- ~ Children's small toys

National and state resource numbers

Portland Women's Crisis Line

1-888-235-5333

Oregon Crime Victims Assistance

1-800-503-7983

National Domestic Violence hotline

1-800-799-SAFE (7233)

1-800-787-3224 TTY

National Resource Center on

Domestic Violence **1-800-503-7983**

* These hotlines will help you locate the nearest resource.

Local resource numbers

Look in the community pages of your phone book under Crisis Services.

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, call 503-945-5600, 711 for TTY, or email TANF.publications@state.or.us.



Are you being hurt by someone you love?

If so, this brochure may help you find ways to increase your safety.



DHS 7808 (Rev. 07/2013)



Planning for safety

The mission of the Department of Human Services is to help people become independent, healthy and safe. Some families have things that keep them from being able to go to work right away.

One thing that may keep you from going to work is not being or feeling safe.



Remember, if you are being abused —

IT'S NOT YOUR FAULT.

No one has the right to hurt someone else!

Everyone has a right to be safe!

In this brochure is a list of things you can do to help plan for your safety.

You do not have to tell us if you are being hurt by someone. If you do, we will connect you with people who can help you.

Suggestions for increasing safety in your home.

- ~ Keep important phone numbers (for doctors, lawyers, schools, family and friends) where you can get to them.
- ~ Think of four places you can go if you leave home.
- ~ If violence starts, go to a room or area that has an exit. Try to stay away from the bedroom, bathroom, kitchen or anywhere that weapons might be available.
- ~ If your partner leaves, change the locks on your door or ask your landlord to change the locks.



Think of four places you can go if you leave home.

- ~ You may want to tell your neighbors that your partner no longer lives with you and that they should call the police if they see the person near your home.
- ~ You may want to tell your neighbors about the violence and ask them to call the police if they hear suspicious noises coming from your home.

Suggestions for increasing your safety outside your home

- ~ If you have a restraining order, always keep it with you.
- ~ Call the police if your partner breaks the restraining order.
- ~ You may want to tell your family, friends, neighbors, worker, school and doctor that you have a restraining order and who it is against.
- ~ Let your children's school, day care, etc., know who has permission to pick up your children.
- ~ At work, decide who you will tell about your situation, such as your boss or work security people. Provide a picture of the person who is hurting you, if possible.
- ~ Plan for safety when you leave work. Have someone walk you to your car or bus and wait with you until you're safely on board.
- ~ If possible, take different routes home each day.

Let your children's school, day care, etc., know who has permission to pick up your children.

