

HOW TO BE SAFE

When I Am Scared Right Now



If I think a fight is going to start, I can go near a door so I can get out fast.
My safest room is: _____



I can call 911 for help.



If I use a wheelchair, I can keep it near me.



If I use a scooter, walker or cane, I can keep it near me.





**IF I NEED TO LEAVE MY HOME FAST,
I CAN STAY WITH:**



Parent / Family



Friend



Other



**Emergency Shelter
YWCA 513-872-9259**

If I need to leave my home to get away from someone hurting me, I can look at my checklist of items to take.

<input checked="" type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

I have a special word to let friends or family know that I need the police to come. My special word is: _____

WORD  **911**

I can ask a nice neighbor that I trust to call the police if s/he hears fighting or loud noises from my house. My nice neighbors are _____ and _____



IF I AM SCARED AND IN DANGER, I WILL DO WHAT I NEED TO DO TO PROTECT MYSELF AND GET SOMEWHERE SAFE.



HOW TO BE SAFE

While Getting Ready to Leave



I can find out who I can stay with.
Some people that I can stay with are:



Parent / Family



Friend



Other





Emergency Shelter
YWCA 513-872-9259

<input checked="" type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

I can pack things to take with me when I leave. I can look at my checklist of items to take.



I can plan on how to get to my safe place by using:



My Car



Bus

Friend



Access



I NEED TO REMEMBER THAT LEAVING
CAN BE THE MOST DANGEROUS TIME.
I CAN PLAN CAREFULLY.

HOW TO BE SAFE

at Work or Public



I can tell someone at work about what is going on. I can give them a picture of the person hurting me if I have it. I can tell _____



I can have someone screen my phone calls so I don't have to talk to the person hurting me. I can ask _____ to screen my calls.



Things I can do to keep me safe at:



School





Work



Community



Family/Friends



Other

**I HAVE THE RIGHT TO BE SAFE.
ABUSE IS NOT MY FAULT.
I AM NOT ALONE. THERE IS HELP.**



HOW TO BE SAFE

When the Person Hurting Me Does Not Live with Me

I can tell my neighbors and landlord that the person hurting me is gone. I will tell _____

I can tell neighbors to call the police if they see the person hurting me is near the house. These neighbors are _____

I can practice a safety plan with my children so they know how to get out quickly.

I can talk to my SF/IL Coordinator about ways to make my home safer. I can talk to _____



HOW TO BE SAFE with a Protection Order



A protection order is a court paper that tells the person hurting me to stay away from me.



If I want a protection order, I can talk to Women Helping Women at 513-381-5610 or my SF or IL Coordinator.



I can tell people that I have a protection order. I can also give them a copy. I can tell and give copies to:

School



Work





Community



Family / Friends



Other



I can keep my protection order with me all the time. I can keep it _____



If the person who hurts me comes near me, I can call 911 right away.

I can have a plan to stay safe until the police get there. I can do _____ and _____ until the police get there.



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HOW TO BE SAFE

My Safety and Emotions Are Important



I will have good thoughts about myself
and tell people how they can help me.

I will tell these people what they can do
for me:



Parent / Family



Friend



SF/IL Coordinator





Other



I can attend a support group to get help.
I can call Women Helping Women at
513-381-5610 about groups.



If I need to talk to the person who hurt
me, the safest way to do this is



I can have at least one person I can
call anytime for support. This person is



I can do things that make me feel
stronger. Some of these things are

If I'm thinking about going back to the person who hurts me again, I can talk to _____ and _____ before I go back.



I will speak up for myself. I am the expert on my life.



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