

VII. If You Are A Teen In A Violent Dating Relationship

- A. Decide which friend, teacher, relative or police officer you can tell.
- B. Contact the Court or an advocate to decide about obtaining a protective order and make a safety plan.

CHECKLIST

What you need to take when you leave:

- _____ Identification
- _____ Driver's license
- _____ Children's Birth Certificates
- _____ Your Birth Certificate
- _____ Money
- _____ Lease, Rental Agreement, House Deed
- _____ Bankbooks
- _____ Checkbooks
- _____ Insurance papers
- _____ House and car keys
- _____ Medications
- _____ Small saleable items
- _____ Address book
- _____ Pictures and photo albums
- _____ Medical records for all family members
- _____ Social Security card for all family members
- _____ Welfare identification
- _____ Pay check stubs-both yours & partners
- _____ Credit cards or account numbers
- _____ Income Tax records
- _____ Credit cards or account numbers and amounts
- _____ School records
- _____ Work permits
- _____ Green card
- _____ Passport
- _____ Divorce papers
- _____ Jewelry
- _____ Children's small or special toys
- _____ Diary, journal or calendar
- _____ Items of sentimental value
- _____ Other: _____

FOR MORE INFORMATION ABOUT YOUR LEGAL RIGHTS AND OPTIONS

contact an advocate at your local shelter.

BATTERED WOMEN'S PROGRAMS

Southern Valley Alliance
for Battered Women 952.873.4214
MN Coalition for Battered Women 651.646.6177

POLICE/LAW ENFORCEMENT 911

Belle Plaine 952.873.4307
Chaska 952.448.4200
Jordan 952.492.2009
New Prague 952.758.4455
Prior Lake 952.440.3555
Savage 952.882.2611
Shakopee 952.233.3810
Carver County Sheriff 952.361.1231
Scott County Sheriff 952.445.1411

OTHER EMERGENCY OR INFORMATION NUMBERS

Sexual Violence Center 952.448.5425
Alpha Pregnancy Resource Center 952.447.5683
Crisis Nursery 612.839.5101
Gay & Lesbian Community 952.822.0127
Queen of Peace Hospital 952.758.4431
Ridgeview Medical Center 952.442.2191
St. Francis Medical Center 952.403.3000

EMERGENCY LODGING, CLOTHING, & FURNITURE

CAP Agency 952.496.2125
Thrift Shop 952.402.9878

FINANCIAL ASSISTANCE

Carver County Social Services 952.361.1600
Scott County Human Services 952.445.7751

LEGAL SERVICES

Southern MN Regional Legal Serv 612.222.4731

TRANSPORTATION

Carver County Community Social Services 952.361.1600
Dial-a-Ride 952.496.8341
Scott County Human Services 952.445.7751

Domestic Violence Safety Plan

Everyone has a right to be safe!

Provided by:
**Southern Valley Alliance
for Battered Women**

SAFETY DURING AN ARGUMENT OR VIOLENT INCIDENT

- ❑ If an argument seems unavoidable, try to have it in a room or area that has access to an exit or phone and not in the bathroom, kitchen or anywhere near weapons
- ❑ Hide extra car keys in an accessible place.
- ❑ Plan and then practice (with your children, if appropriate) how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
- ❑ Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance.
- ❑ Devise a code word to use with your children, family, friends and neighbors to signal 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 ever need to.) Have at least 3 options, including a Safe Home provider.
- ❑ Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he/she wants to calm him/her down. You have the right to protect yourself until you are out of danger. Trust your instincts!
- ❑ Avoid dangerous situations while in the car and try to avoid getting into a car with your partner when he/she is violent.
- ❑ Always remember—YOU DO NOT DESERVE TO BE HIT OR CHOKED OR THREATENED!

SAFETY WHEN PREPARING TO LEAVE

- ❑ Open a savings account in your name only to start to establish or increase your independence. Think of other ways to increase your independence, including knowing what you can about your monthly income and bills, including insurance information.
- ❑ Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust so you can leave quickly, if need be.
- ❑ Determine who would be able to let you stay with them or lend you some money. Learn about housing & financial assistance available to you and your children.
- ❑ Keep the battered women's program toll free number (952.873.4214) close at hand. Keep some change or a calling card on you for other emergency phone calls.
- ❑ Determine ways to keep your future location, address, phone number, etc. confidential. Talk to an advocate for ideas.
- ❑ REMEMBER—LEAVING YOUR BATTERER IS THE MOST DANGEROUS TIME FOR YOU AND YOUR KIDS!

SAFETY IN YOUR OWN HOME

- ❑ Change the locks on your doors as soon as possible. Get additional locks or safety devices to secure your windows. Consider replacing wood doors with steel or metal.

- ❑ Keep your house, windows, garage and car locked at all times. Secure your garage door opener. Keep fuse box locked. Lock all car doors while driving.
- ❑ Install fire extinguishers, smoke detectors, outside motion activated lighting, security systems. Trim bushes & trees.
- ❑ Get Caller ID and/or an answering machine or voice mail. Get a new unlisted phone number. Get a cellular phone.
- ❑ Press *57 to activate a trace on any suspicious calls. Press *69 to get the phone number from where the last phone call was made from. Keep a list of suspicious or harassing phone calls. (Phone charges may apply.)
- ❑ Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see your batterer near your home.
- ❑ Consider removing or securing any guns, ammunition, knives, or other weapons that can be used against you.

SAFETY ON THE JOB AND IN PUBLIC

- ❑ Use voice mail, Caller ID or have someone screen your telephone calls, if possible. Screen visitors, packages.
- ❑ Decide who at work you will inform of your situation. This should include office or building security (provide a photo of your abuser if possible.)
- ❑ Devise a safety plan for when you leave work. Have someone escort you to your car or bus. Think about what you would do if something happened while going home.
- ❑ Vary your routine. Use a different grocery store, bank or gas station. When driving, take a new route or road.
- ❑ In a dangerous situation or if a violation of a protective order has occurred while in public, ask for assistance from store clerks, strangers, store security, anyone!
- ❑ Don't stop or get out of your car if followed by your abuser. Drive to a police station, gas station, etc. & honk your horn.

SAFETY WITH A PROTECTIVE ORDER

- ❑ Keep your protective order and a photo of your abuser on you at all times. (When you change your purse, the protective order should be the first thing that goes in it.)
- ❑ Give a copy of the protective order and photo of your batterer to your child's school and/or daycare, your employer's security department, any new police dept.
- ❑ Inform trusted family, friends, neighbors, co-workers, landlord that you have a protective order in effect. Give a copy to family, a friend, advocate, or neighbor for safe keeping.
- ❑ CALL THE POLICE if your batterer breaks the protective order. Show them a copy of the order. Tell the police about anyone who saw or heard the violation.
- ❑ Modify your protective order if more restrictions are needed due to an immediate danger of harm to you or your kids.

YOUR SAFETY & EMOTIONAL HEALTH

- ❑ If you are thinking about or have returned to your abusive partner, develop a NEW safety plan & hiding places.
- ❑ If you have to communicate with your batterer, determine the safest way to do so. Consider a neutral 3rd party.
- ❑ Have positive thoughts about yourself and be assertive with others about your needs.
- ❑ Read books, articles and poems to help you feel stronger. Learn more about domestic violence and its effect on you *and your children*. Learn about healthy relationships.
- ❑ Decide who you can talk freely and openly with—away from the children-- to give you the support you need.
- ❑ Plan to attend a domestic violence support group or counseling for a couple weeks to gain support from others. Learn more about yourself and the relationship.
- ❑ Keep a diary, log or calendar to record your feelings, concerns, or problems. Keep this diary in a safe place.
- ❑ REMEMBER-You do deserve better. You do deserve RESPECT. Your children deserve a safe home to live in.

SAFETY FOR YOUR CHILDREN

- ❑ Develop a separate safety plan for your children. Discuss it with them and practice it by acting out situations.
 - ❑ Inform your children's school, daycare, etc. about who has permission to pick up your children.
 - ❑ Teach your children how to call 911 from a safe place when a real emergency exists. Use a code word to signal to them when a real emergency exists. Teach them to stay on the line or not hang up the phone until help comes.
 - ❑ Teach them to stay out of the fight. Teach them not to get trapped in a small room, closet or bathroom. Get out and go next door or pre-arranged safe meeting place.
 - ❑ Watch for signs that the arguing/violence is effecting them. Kids do see, hear, know about & may COPY the abuse.
 - ❑ Use a visitation center or other neutral site for visitation or exchanges. Establish guidelines for the visitations.
 - ❑ Take your children to a children's support group where they learn: Violence is not their fault or your fault; hands are not for hitting; and how to have some fun and be safe.
- ## ***SAFETY FOR TEENS IN A VIOLENT DATING RELATIONSHIP***
- ❑ Decide which friend, parent, teacher, relative or police officer you will tell. Attend a support group at school.
 - ❑ Contact the court or an advocated to decide about obtaining a protective order.
 - ❑ Make your own safety plan. -YOU DESERVE RESPECT!