

Broome County Resources

Crime Victims Assistance Center Crisisline
722-4256

SOS Shelter Hotline
754-4340

For information about domestic abuse
services in other counties, please call the
New York State

Adult Domestic Violence Hotline
1-800-942-6906 (In Spanish 1-800-942-6908)

**Remember, in an
emergency
call 911.**

This brochure was developed by the
Family Violence Prevention Council
of Broome County
and was originally adapted from the
Safety Plan created by the
Cambridge, Massachusetts
Police Department in 1994.

SAFETY PLAN

For People
Victimized
By
Their
Intimate
Partners

Provided by the
**Family Violence
Prevention Council
of Broome County**
36-42 Main Street
Binghamton, NY 13905

SAFETY PLAN

(Reduce Your Risk)

You don't have to figure it all out on your own.

You can ask a domestic violence advocate for help.

Being Ready For A Crisis

- Practice how to get out safely
- Put necessary items in a secure place so that you can leave quickly
- Know where to go in an emergency, including the SOS Shelter.
- Use a code word/signal to indicate that it is time to go or that you need help.
- Tell a neighbor and request they call the police if they hear suspicious noises.
- Program emergency numbers and teach your children how to use the auto dial.
- If the situation is dangerous, move to a space that is lowest risk and give your partner what he wants.
- Keep change or a calling card on you at all times for emergency phone calls.

Planning To Leave

- Call a domestic violence program and get help making plans.
- Review your safety plan regularly
- Determine who would be able to let you stay with them or lend you some money.
- Open a bank account and get credit cards in your own name; take classes or get job skills; get copies of all the important papers and documents you might need.
- Rehearse your escape plan and, if appropriate, practice it with your children.
- Consider taking important items such as identification, birth certificates, school/ vaccination records, Money, checkbook, bank books, ATM cards, credit cards, Medication, medical records, Insurance papers, Keys, Driver's license/car registration, Passports, green card, work

- permits, legal papers, Lease, rental agreements or house deed, Car/mortgage payment book, Security items for children, photos, address book.
- Remember that these items are replaceable and you should not risk your safety for them.

After you Leave

- Replace wooden doors with steel/metal doors.
- Purchase locks and safety devices.
- Discuss a safety plan with your children for when you are not with them.
- Teach your children how to make a collect call if they feel unsafe.
- Tell childcare providers who has permission to pick up your children.
- Give your childcare providers emergency numbers and copies of custody/protective orders.
- Plan carefully when you have to communicate with your partner.

At Work And In Public

- Inform your boss, the security, and/or Employee Assist. Program about your situation.
- Ask to have your calls screened at work.
- Lock car doors, take alternative routes and have an escort to your car.
- When traveling to and from work plan for what to do if there is trouble.
- Change your patterns to avoid your partner finding you.
- Provide security with a copy of your order of protection and a picture of your batterer.

With an Order Of Protection

- Think of alternate ways to keep safe if the police do not respond right away.
- Always keep your Order of Protection on or near you.
- Give copies of your protection order to police departments in the community in which you live and those where you visit friends and family.
- Give copies to your employer, religious advisor, closest friend, and your children's school and day care center.
- Replace lost or destroyed protection orders from the court that issued it.
- If your partner violates the order, call the police and report a violation, contact your attorney, advocate, and/or advise the court of the violation.
- Call a domestic violence program if you have questions about how to enforce an order or if you have problems getting it enforced.
- If the police do not help, you can contact an advocate, and file a complaint with the Chief of Police of the police department.

Your Emotional Health

- If you are feeling upset, call a friend or the domestic violence hotline.
- Take care of your physical health needs.
- Call someone before making any decisions about returning to your partner.
- Remind yourself daily of your best qualities.
- Attend support groups at the local domestic violence program to build a support system, learn skills or get information.