

8. SAFETY IF YOU ARE THE TARGET OF A STALKER

- T Make a "No-Contact" Statement to the stalker and STICK TO IT. [ie., "I am ending our relationship. Do not make any attempt to try and renew it. I will not change my mind. I do not wish to have any contact with you now or in the future. If you try to contact me, I will take legal action against you."
- T Keep a detailed log/journal of attempted contacts and threats.
[Date, Time, Location, Description, Response, Witnesses]
- T Distribute a photograph of the stalker, with physical description and vehicle information to trusted neighbors, family, work place, school, etc.
- T If you live alone, schedule specific times each day to check in with someone. Provide your daily schedule and contact information to your check-in person/people.
- T Discuss strategies with the police to avoid break-ins and burglaries.
- T With the assistance of a victim advocate, educate your workplace on the crime of stalking and how they can help or hurt. They should expect the stalker to lie and manipulate, often directed at making the victim look bad.
- T Notify sources who have your personal information that you expect privacy and confidentiality of your records [phones, utilities, credit cards, home/car loans, DMV, post office, internet, medical, insurances, schools, fitness club, church, etc.].

CHECKLIST: WHAT TO TAKE WHEN YOU LEAVE	
<input type="checkbox"/> Address Book	<input type="checkbox"/> Lease / Rental Agreement / Mortgage
<input type="checkbox"/> Appointment Book	<input type="checkbox"/> Marriage Certificate
<input type="checkbox"/> Bank Books / Records	<input type="checkbox"/> Medical Records for Family
<input type="checkbox"/> Birth Certificates	<input type="checkbox"/> Medications
<input type="checkbox"/> Car Title & Registration	<input type="checkbox"/> Money
<input type="checkbox"/> Checkbook/Extra Checks	<input type="checkbox"/> Passport
<input type="checkbox"/> Children's Favorite Toys	<input type="checkbox"/> Personal Necessities / Toiletries
<input type="checkbox"/> Clothing (Yours & Children's)	<input type="checkbox"/> Pets (if you can)
<input type="checkbox"/> Diaper Bag	<input type="checkbox"/> Pictures / Sentimental Items
<input type="checkbox"/> Divorce Papers	<input type="checkbox"/> Receipts for Personal Property
<input type="checkbox"/> House and Car Keys	<input type="checkbox"/> Restraining Order
<input type="checkbox"/> Identification	<input type="checkbox"/> School Records
<input type="checkbox"/> Immigration Papers	<input type="checkbox"/> Social Security Cards
<input type="checkbox"/> Immunization Records	<input type="checkbox"/> Tax Records
<input type="checkbox"/> Insurance Papers	<input type="checkbox"/> Welfare Identification
<input type="checkbox"/> Jewelry	<input type="checkbox"/> Work Permits

YOLO COUNTY LAW ENFORCEMENT AGENCIES

- Davis Police Department.....530-747-5400
- UC Davis Police Department.....530-752-1727
- West Sacramento Police Department.....916-372-2461
- Winters Police Department.....530-795-2261
- Woodland Police Department.....530-661-5900
- Yolo County Sheriff's Department.....530-668-5280

Domestic Violence Safety Plan

Any kind of Abuse by an intimate partner is **SERIOUS**
—WITHOUT HELP IT ALMOST ALWAYS GETS WORSE.

1. SAFETY DURING AN ABUSIVE INCIDENT

- T Always remember you can call 911.
- T Your partner's use of violence is not something you can control, if you sense it starting, move to a room or area that has access to an exit—NOT the bathroom, kitchen or anywhere near weapons.
- T Practice how to get out of your home safely; also rehearse this with your children. Identify which doors, windows, elevator or stairs are best.
- T Teach your children to dial 911 and safe relatives.
- T Have a secret bag packed; accessible to leave quickly or at a neighbor, friend or relative's home.
- T Identify a neighbor you can tell about the violence; ask that they call the police if they hear a disturbance from your home.
- T Devise a code word to use with your children, family, friends and neighbors when you need the police.
- T Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- T Keep gas in your car if you have one.
- T If the situation is dangerous, use your own instincts and judgments to keep yourself safe. Call the police as soon as it is safe.
- T ALWAYS REMEMBER—YOU HAVE THE RIGHT NOT TO BE ABUSED IN YOUR RELATIONSHIP—PHYSICALLY, EMOTIONALLY OR SEXUALLY!

If you are the victim of domestic violence or sexual assault and need help or information



Peace Begins At Home

**CALL: 530-662-1133 or 916-371-1907
24 HOURS EVERYDAY**

2. SAFETY WHEN PREPARING TO LEAVE

- T DO NOT try to negotiate leaving with your partner—keep it secret!
- T Determine where you could stay; who will lend you money.
- T DO NOT leave your children with your partner when you leave.
- T Inform your children's school/day care about who has permission to pick up your children.
- T Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust. (See Checklist on back page)
- T Consider applying for a restraining order before you leave—it can make your partner leave your home and grant you custody of your children.
- T Open a savings account in your own name to start to establish or increase your independence. Think of other ways to increase your independence.
- T Keep the shelter phone numbers nearby and keep change or a calling card with you at all times.
- T Review your safety plan with a domestic violence advocate in order to plan the safest way to leave your partner.
- T LEAVING AN ABUSIVE PARTNER CAN BE THE MOST DANGEROUS TIME.

3. SAFETY IN YOUR HOME

- T Inform neighbors and landlord (if you trust them) that your partner no longer lives with you and if seen near your home, to call the police.
- T Change/Add locks and security pins on your doors, windows and sliding glass doors. Deadbolts should be secured with screws at least 2" long.
- T Add a lock on the bedroom door.
- T Install a latch or chain out of children's reach on the inside of the door. Help children understand that it's not safe to open the door to ANYONE without your permission.
- T Add a peephole and increase outdoor lighting if possible. Consider an alarm system or motion-sensors.
- T Borrow or buy a cell phone to keep with you at all times.
- T Hide sharp objects and weapons.
- T Change your telephone and utility accounts into your own name.
- T Trim bushes/trees around your home to eliminate hiding places.
- T Consider a dog if you can properly care for one.

4. SAFETY ON THE JOB AND IN PUBLIC

- T Decide who you will inform at work of your situation. This should include office or building security (provide a picture of the abuser if possible).
- T Try to arrange to have someone screen your telephone calls.
- T Have a co-worker record your voice mail message so it's not in your voice.
- T Instruct co-workers not to disclose information about you to anyone.
- T Have someone escort you to your car, bus or train after work. Use a variety of routes to go home; plan a safe, public place to go if you're followed.
- T Consider carrying pepper spray and a personal alarm at all times.
- T Keep your car doors locked while you drive.
- T Add an alarm to your car and check for other devices to prevent break-ins.

5. SAFETY WITH A RESTRAINING ORDER

- T Contact SADVC for help in obtaining a restraining order before you leave.
- T You have a right to keep your address confidential from the abuser.
- T Keep your restraining order with you at all times. Leave extra copies at work, with a friend/family, in your car, at school, childcare provider, etc.
- T Call the police if your abuser violates the restraining order. Remember, only the abuser can violate the order.
- T Think of alternative ways to keep safe if the police don't respond right away.
- T Inform family, friends and neighbors that you have a valid restraining order.
- T Program the local police dispatch phone number into your cell phone instead of 911.
- T Keep a log and take notes each time you call the police to report violations (date, time, officer's name, report number, what happened).
- T Contact SADVC to sign up for the CA Secretary of State's Safe At Home Program to establish a confidential address if you are relocating to a new residence unknown to the abuser.

6. SAFETY AND YOUR EMOTIONAL HEALTH

- T If you are thinking of returning to a potentially abusive situation, discuss an alternative with someone you trust.
- T If you have to communicate with the abuser, determine the safest way to do so—preferably not in-person.
- T Have positive thoughts about yourself and be assertive with others about your needs.
- T Plan to attend a support group to gain support from others and learn more about yourself and the relationship. You are not alone.
- T Abuse is NOT YOUR FAULT—anyone suggesting YOU should change to prevent the abuse is disregarding your and your children's safety.
- T Decide who you can talk with to give you the support you need.
- T Read books, articles and poetry to help you feel stronger.

7. SAFETY FOR TEENS IN ABUSIVE DATING RELATIONSHIPS

- T Take it seriously—tell your abuser that emotional, sexual and physical abuse are all serious and dangerous and you don't deserve it.
- T If things in your relationship don't feel right to you, talk about it with someone you trust. Tell your parents if you can.
- T Accept that you cannot change this person's behavior, despite your affection, caring and commitment.
- T Decide which friends, teacher, relative and/or police officer you can go to in an emergency, especially if you are isolated from everyone but the abuser. You need support from adults to be safe.
- T Arrange not to be alone at school, or on the way to and from school.
- T Contact a domestic violence crisis line and advocate or the police to learn how to obtain a restraining order and make a safety plan.
- T Consider a self-defense class to teach you an attitude of strength and assertiveness, and how to deal with fear.
- T REMEMBER—YOU SHOULD NEVER HAVE TO FEEL AFRAID IN YOUR RELATIONSHIP.