

# CHECKLIST OF ITEMS TO TAKE WHEN LEAVING

- \* Copy of Protective Order
- \* Identification
- \* Children's birth certificates
- \* Social security cards
- \* School and vaccination records
- \* Money
- \* Checkbook, ATM card
- \* Credit cards, bank books
- \* Keys - house/car/office
- \* Driver's license and registration
- \* Medication
- \* Welfare identification, work permits
- \* Green card
- \* Passport(s)
- \* Divorce papers
- \* Medical records
- \* Lease/rental agreement
- \* House deed, mortgage payment book
- \* Insurance papers
- \* Address book
- \* Children's favorite toys or blankets

NO ONE DESERVES TO BE HIT OR THREATENED

## WEST VIRGINIA LICENSED DOMESTIC VIOLENCE PROGRAMS

Beckley Area	(304)255-2559
Charleston Area	(304)340-3549
Elkins Area	(304)636-8433
Fairmont Area	(304)367-1100
Huntington Area	(304)529-2382
Keyser Area	(304)788-6061
Lewisburg Area	(304)645-6334
Martinsburg Area	(304)263-8292
Morgantown Area	(304)292-5100
Parkersburg Area	(304)428-2333
Welch Area	(304)436-8117
Wheeling Area	(304)232-0511
Williamson Area	(304)235-6121

National Domestic  
Violence Hotline

1-800-799-5AFE

**STATEWIDE  
DOMESTIC VIOLENCE  
Prevention Office**

West Virginia Coalition Against  
Domestic Violence



Elk Office Center  
4710 Chimney Drive,  
Suite A  
Charleston, WV 25302  
(304)965-3552  
(304)965-3572 fax

DOMESTIC VIOLENCE

*Personalized*

SAFETY PLAN

There's NO EXCUSE FOR DOMESTIC VIOLENCE



## SAFETY DURING A VIOLENT INCIDENT

- A If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in a bathroom, kitchen, or anywhere near weapons.
- B Practice how to get out safely: what doors, windows, elevators, stair wells or fire escapes to use.
- C Keep purse and car keys ready in order to leave quickly.
- D Tell a friend or neighbor about the violence and request they call the police if they hear suspicious noises coming from the home.
- E Teach children how to use the telephone to contact the police and the fire department.
- F Use a code with children or friends so they can call for help.
- G Teach some of these strategies to some/all of the children.
- H Use judgment and intuition. If the situation is very serious, give the abuser what is wanted.

PROTECT YOURSELF UNTIL YOU AND THE CHILDREN ARE OUT OF DANGER

## SAFETY WHEN PREPARING TO LEAVE



- \* Leave money, an extra set of keys, extra clothing, and keep copies of important documents with relatives or friends so you can leave quickly.
- \* Open a savings account to increase independence.
- \* The National Domestic Violence hot line number is 1-800-799-SAFE. Memorize it.
- \* Keep change for phone calls at all times.
- \* Understand that by using a telephone credit card, the following month the telephone bill will list those numbers called. To keep telephone communications confidential, either use coins or get a friend's permission to use their telephone credit card.
- \* Rehearse an escape plan and, as appropriate, practice it with the children.

## SAFETY WITH AN ORDER OF PROTECTION

- \* Keep the protection order on or near you all times.
- \* Give their protection order to police departments in the communities where you visit family or friends.
- \* Most counties have a county registry of protection orders that all police departments can call to confirm a protection order. Check to make sure that your order is in registry.
- \* Inform your employer, minister, closest friend and relatives that they have a protection order in effect. If the abuser destroys your protection order, you can get another copy from the County Circuit clerk or magistrates office.
- \* If the abuser violates the protection order, call the police and report a violation, contact a attorney, call a domestic violence advocate, and/or advise the court of the violation.
- \* If the police do not help, contact a domestic violence advocate or attorney and file a complaint with the chief of the police department.

## SAFETY IN THE HOME

- \* Change the locks on doors and windows as soon as possible.
- \* Replace wooden doors with steel/metal doors.
- \* Install security systems, additional locks, window bars, poles to wedge against doors, an electronic system, etc.
- \* Purchase rope ladders to be used for escape from second floor windows.
- \* Install smoke detectors and purchase fire extinguishers for each floor in the house/apartment.
- \* Install an outside lighting system that lights up when a person is coming close to the house.
- \* Teach the children how to use the telephone to make a collect call to a friend, minister or relative in the event the abuser takes the children.
- \* Tell people who take care of the children which people have permission to pick up the children and that the abuser is not permitted to do so.

## SAFETY ON THE JOB AND IN PUBLIC

A  
B  
C

- A Discuss who at work you will inform of your situation - supervisor, trusted co-worker.
- B Inform the security supervisor at work of your situation. Provide a picture of the abuser, if possible.
- C Ask for help screening telephone calls at work.



***GETTING THE WORD OUT...***

**DOMESTIC VIOLENCE AWARENESS IN RURAL  
COMMUNITIES**

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