

SOME DOCUMENTS YOU MAY NEED WHEN LEAVING

- Birth certificate for you and your children
- Cellphone
- Driver's license and registration
- Social Security Cards
- Checkbook/ATM cards/credit cards
- Extra set of keys to home/car
- Welfare identification
- Work permits
- Passport/green card
- Divorce papers
- Children's vaccination and medical records
- Address book
- Medications/prescriptions
- Health insurance cards

Leave a spare set of clothes for yourself and your children at a family member or friend's home.

Talk to a friend you may trust about your situation now and see if they may be willing to let you stay with them.

CONTACT US



Hotline (301) 645-3336
or
(301) 843-1110



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www.centerforabusedpersonscharlescounty.org/

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Domestic Violence Safety Plan

Everyone has the right to be
safe!

PROTECTIVE ORDER SAFETY

You can call CAP for information and assistance in obtaining a protective order at 301-645-3336. An advocate can accompany you to the hearing.

Eligibility for a protective order:

- Married
- Have lived together for 90 days in the last calendar year
- Have a child in common

Keep the protective order with you at all times. You may want to have several copies and keep one in your car, your purse and any other important places.

Call the police immediately if your partner violates the protective order. Violating a protective order is a crime and the police can arrest the offender. If the protective order gives you custody of your children, inform the school/daycare about permissions to pick up children.



BE PREPARED

Come up with a safety plan before violence happens. Rehearse your plan and work out any issues.

Recognize there are certain indicators that your partner is building to a violent incident. Try to be aware of any changes in behavior that usually leads up to a violent incident.

Protect yourself by never telling your safety plan to the person abusing you.

IF VIOLENCE OCCURS

You may not be able to avoid a violent incident but you can always increase your safety by deciding beforehand what you will do if your partner becomes violent.

Pick places in your home that are the safest and try to avoid the kitchen, bathroom, garage, places near weapons or rooms without access to a door or window.

Once out of the house, call the police or have a neighbor call. Use your best judgement on violent situations. If a situation is very serious, you may choose to give your partner what they want to calm down. This can help to protect you and your children until you are out of danger.



SAFETY IF YOU ARE LEAVING

Be prepared in case you need to leave your home. Come up with a plan now, even if you think there won't be a time when you need to leave.

Decide how you will get out of the residence: which doors, windows, stairwells, etc, can you use.? Be sure to rehearse the plan.

Decide now where you will go if you need to leave. Pick more than one place you know will be safe so you have an alternative in case you cannot get to the first choice.

Keep an extra set of keys and money near you at all times in case you need to leave at a moment's notice. Call a friend or family member for help. Or reach out to the Crisis Hotline at CAP, 301-645-3336. If it's possible, memorize the numbers.