

emergency checklist:

what you need to take when you leave

Identification

- Driver's license
- Birth certificate
- Children's birth certificates
- Social Security cards

Financial

- Money and/or credit cards (in your name)
- Credit cards, debit cards, checking and savings account numbers

Legal Paper

- Protective order
- Lease, rental agreement, house deed
- Auto registration and insurance papers
- Health and life insurance papers
- Medical records for you and children
- School records
- Work permits/Green card/Visa
- Passport
- Divorce and custody papers
- Marriage license

Other

- Medications
- House and car keys
- Valuable jewelry
- Address book
- Pictures and sentimental items
- Change of clothes for you and children
- _____

emergency numbers

Police - 911



Battered Women and Children's Shelter
Crisis Hotline
210-733-8810



National Domestic Violence Hotline
1-800-799-SAFE (7233)
1-800-757-3224 (TDD)



Victim's Advocacy Section
San Antonio Police Department
210-207-2141



Texas Department of Human Resources
Abuse Hotline
1-800-252-5400



Rape Crisis Center Hotline
210-349-RAPE

therapeutic programs

Victim/Survivor's Counseling
210-930-3669 x2201



Violence Intervention Program (BIPP)
210-930-3669 x2101



Family Violence personal safety plan

*You have a right
to be safe*

Family Violence
Prevention Services, Inc.
7911 Broadway
San Antonio, Texas 78209
Phone (210) 930-3669

safety during an explosive incident

- If there is an argument, try to be in a place that has an exit to the outside and not in a bathroom, kitchen or room that may contain weapons.
- Practice getting out of your home safely. Identify which doors, windows, elevator or stairwell to use.
- Pack a bag and have it ready at a friend's or relative's house.
- Identify one or more neighbors you can tell about the violence and ask them if they can call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends and neighbors when you need the police.
- Decide and plan where you will go if you ever have to leave home.
- Use your instincts and judgment. In a dangerous situation, give the abuser what he wants to calm him down.

remember — you don't deserve to be hit or threatened.

safety when preparing to leave

- Open a checking or savings account in your own name.
- Leave money, an extra set of keys, copies of important documents, extra clothes and medicines in a safe place or with someone you trust.

- Get your own post office box.
- Identify a safe place where you and your children can go and people who can lend you money.
- Always keep the shelter phone number or a calling card for emergency calls.
- Verify if pet accommodations are available. If no accommodation can be provided, please plan for them to be cared for in a safe place.

remember — the most dangerous time is when you leave your batterer.

safety with a protective order

- If you or your children have been threatened or assaulted, you can request a Protective Order from the District/County Attorney's Office.
- Always keep your Protective Order with you.
- Call the police if your partner violates the protective order.
- Inform family members, friends, and neighbors that you have a Protective Order in effect.
- Think of alternative ways to keep safe if the police do not respond immediately.

safety in your own residence

- If you stay in your home, lock your windows and change the locks on your doors as soon as possible
- Develop a safety plan with your children for when you are not with them.
- Inform your child's school, daycare, etc., about who has permission to pick up your child.
- Never call the abuser from your home; he may find out where you live. Never tell the abuser where you live.
- Request an unlisted number from the telephone company.

safety on the job and in public

- Decide who at work you will inform of your situation, including the office building security (if possible, provide them with a picture of your abuser).
- When at work, if possible, have someone screen your telephone calls.
- Have someone escort you to and from your car, bus stop, etc.
- If at all possible, use a variety of routines to go to work and come home.



United Way of San Antonio
and Bexar County