SAFETY PLAN For DOMESTIC VIOLENCE

What is a SAFETY PLAN?

A safety plan can help prepare you and reduce the risk of physical harm if you plan to leave your relationship. It helps you brainstorm options that are available to you as well as what to do in case of an emergency. Having a plan can also help reduce the impact of the violence, even if you decide to remain in the home. Safety plans evolve as your situation changes, so update your plan as necessary. For example, if your neighborhood is ordered to evacuate due to a hurricane warning, consider how your safety may change if you have to go to a hurricane shelter. This may be a safe time for you to attempt to go to one of Florida’s 41 domestic violence centers. Some steps you can take are the following:

• Memorize or make a list of telephone numbers — friends, relatives, colleagues, or of a local program that can help.
• Prepare a suitcase with clothes, important documents and things you, your children, and/or pets may need. Leave it with someone you trust, a neighbor, a friend, or a relative. You may refer to it as your “Hurricane” or “Natural Disaster” preparedness bag if you must leave it at home.
• Keep money, and an extra set of car keys and other essential items in a safe place.
• Prepare your pets if you plan to take them with you. Have their vaccinations up to date and verification available. Realize Florida disaster shelters cannot take pets; however, domestic violence center staff are trained in how to keep your pet(s) safe. Call the Florida Domestic Violence hotline or local center for details: 1-800-500-1119.
• Teach your children to use the telephone to contact the police in case of an emergency.
• Keep an extra set of coins (or pre-paid phone card) to make calls.
• Get a 9-1-1 cell phone from your local domestic violence center.
• Memorize Florida’s Domestic Violence Hotline: 1-800-500-1119.

• Call the hotline for information regarding your local domestic violence centers. Call an advocate to assist you with creating a safety plan and/or a lethality assessment.
• Call Florida’s Domestic Violence Legal Hotline: 1-800-500-1119, prompt 3 regarding legal options.

What are some options you may consider?

• Your safety and that of your children and/or pet’s is essential.
• Call the police in an emergency.
• File a police report about the violence.
• Call the domestic violence hotline to talk, get information or ideas, find a shelter, or make a safety or escape plan.
• Have the abuser ordered by the court to stay away from you by getting an Injunction for Protection.
• See a doctor for injuries (and consider having him/her write down what caused the injuries).
• Talk to a friend, family member, neighbor or someone else for support and ask for help.

Domestic Violence is One Disaster...

...WE CAN PREVENT!
Dear Floridians,

Disasters alter all aspects of our lives, even if only temporarily...our homes are damaged or gone; we are without food, water, electricity; our routines are lost to waiting hours in line at the gas pump or at the local hardware store for plywood and batteries. Imagine your world as described above, but with one additional factor...you are a victim of domestic violence. Women already in a violent relationship become more vulnerable and less safe during the aftermath of a hurricane.

As a result, the First Lady and I are committed to protecting Florida’s citizens and helping communities to address the potential for an increase in domestic violence in the aftermath of the recent hurricanes. I ask that all Floridians demand a Violence Free Florida!

We believe that if we all care and get involved, Floridians can stop the threat of violence to women and children. If you need help, or want information about domestic violence call, Florida’s Domestic Violence Hotline at 1-800-500-1119.

Sincerely,

Jeb & Columba Bush

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NATURAL DISASTERS:

- Increase relationship stress factors when families struggle to replace lost possessions, housing, jobs, and peace of mind
- Isolate women at home in unsafe environments without working telephones or accessible roads – what if she needs to escape?
- Disrupt or destroy lifeline services, therefore contact may be lost with courts, crisis workers, and/or law enforcement agencies
- Force domestic violence emergency shelters to evacuate and displace women in hiding to public shelters unable to protect their privacy or safety
- Increased domestic violence has been reported by domestic violence programs in Florida during the aftermath of a natural disaster. In one study of domestic violence programs across the country and in Canada found that "nine of the 13 most severely impacted programs reported that demand increased as much as six months or a year after the event".

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POWER AND CONTROL WHEEL

Coercion/threats — Threatening to leave her in the house when evacuation orders are in place.

Intimidation — Giving her a “knowing” glance when he feels she may tell the Red Cross volunteer how she was injured.

Isolation — Leaving her w/o a car @ their island home after the causeway has been damaged.

Minimizing, Denying, Blaming — Telling her the stress of the storm(s) was too much to handle and that’s why he “snapped”.

Using Children — Telling the children she abandoned them during the evacuation and is not coming back when he knows she fled to a DV shelter for safety.

Economic — Taking her FEMA money and using it improperly or not letting her have access to it.