



CHECKLIST

Important Items 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)
 - ☐ Checking and/or savings account books
- Legal Papers
- ☐ Protective order
 - ☐ Lease, rental agreement and house deed
 - ☐ Car registration and insurance papers - Health and life insurance papers
 - ☐ Medical records for you and your 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 your children

IMPORTANT NUMBERS TO REMEMBER

Police Services

901.678.4357 (Emergency)
901.678.3848 (Non-Emergency)

University of Memphis Victim Coordinator

901.678.4471
victimservices@memphis.edu

Counseling Center

901.678.2068

Wilder Tower 214

Office for Institutional Equity and Title IX Coordinator

901.678.2713

Administration Building 156

NATIONAL CRISIS HOTLINES

(All National hotlines are available 24 hours a day)

Rape, Abuse and Incest National Network Hotline

1.800.656.HOPE
rainn.org

Planned Parenthood

1.800.230.7526
plannedparenthood.org

National Domestic Violence Hotline

Crisis intervention, safety planning and referrals to local domestic violence programs.

1.800.799.7233 or **1.800.787.3224** (TTY) for the Deaf
thehotline.org



PERSONAL SAFETY PLAN

Taking Precautions and Making Plans to Stay Safe from Relationship Violence/Abuse

Office of Victim Services
3705 Alumni Ave., Room 402
901.678.4471

victimservices@memphis.edu

**IN CASE OF EMERGENCY,
CONTACT POLICE SERVICES AT
901.678.HELP (4357).**





STEPS YOU CAN TAKE TO STAY AS SAFE AS POSSIBLE

Safety During an Explosive Incident

- If you feel an argument may be about to occur, try to move to a place that has one or more exits. Try to avoid being in a bathroom, kitchen or room that may contain weapons.
- Practice exiting your home safely. Identify which doors, windows, elevators or stairwells to use.
- Pack a bag and leave it at a friend's or relative's house.
- Identify one or more neighbors you can tell about the violence, and ask them to call the police if they hear a disturbance coming from your home.
- Develop an age-appropriate safety plan with your children.
- Devise a code word to use with your children, family, friends and neighbors when you need someone to call the police.
- Decide and plan where you will go if you ever must leave home.
- Trust your instincts and your judgment. In some dangerous situations, you may choose to give the abuser what he/she wants to calm him/her down. Only you can decide the best way to protect yourself and your children in each situation. Remember — safety first!
- Teach your children how to call **911**.
- Have someone escort you to and from your car, bus or train.
- Use a variety of routes to come and go from home.

"I seek to live a peaceful life, free from emotional abuse. I am learning to take care of myself. I am choosing to believe in myself whether or not anyone else does."

SAFETY WITH TECHNOLOGY

- Create a new email account
- Your abuser may be monitoring activity on your computer. If possible, use a safe computer, which may be located at:
 - a public library
 - a community center
 - an internet cafe
- Change passwords and PIN numbers frequently
- Your abuser could use your old cell phone bill to see who you've been calling or use the GPS in your cell phone to track your location. To avoid these risks, use a donated or prepaid cell phone to make plans. Contact your local domestic violence program to see if they could provide you with a donated phone
- Search your name on the major internet search engines to see if the results have links to your contact information

SAFETY WHEN PREPARING TO LEAVE

Leaving an abusive relationship can be a dangerous process, so it's important to take steps to ensure your safety.

- It's best not to tell the person abusing you that you are planning to leave. Make your plans in secret, and leave when he/she isn't home.
- Open a checking or savings account in your own name.
- Leave money, an extra set of keys, copies of important documents and extra clothes and medicine in a safe place or with someone you trust.
- Get your own post office box.
- Identify a safe place where you can go, and if possible, someone who can loan you money.
- Always keep the shelter phone number, a calling card or change for emergency phone calls with you.
- Review, update and practice your safety plan as often as possible!

"I have the right to be treated with respect. I have a fundamental right to a nurturing environment. I am confident and optimistic about the future."



SAFETY WITH A PROTECTIVE ORDER

- If you or your children have been threatened or assaulted, you can request a Protective Order from the Family Safety Center or Crime Victim Center. For information on how to apply for a Protective Order, go to [womenslaw.org](https://www.womenslaw.org) or call your local domestic violence program.
- Keep a copy of your protective order with you. Also keep a copy in your car, home, work and your children's school.
- Call the police immediately if your abuser violates the protective order. This is a violation of the order, and the offender can be arrested.
- Inform family members, friends, co-workers, peers, instructors and neighbors that you have a protective order against your abuser. Inform your children's school, day care, etc., about who has permission to pick up your children.
- Inform neighbors and the landlord that your partner no longer lives with you, and that they should call the police if they see him/her near your home.

GENERAL SAFETY PRACTICES

- Screen your calls. Do not answer calls from unknown, blocked or private numbers.
- Think positively about yourself and do not allow the abuser to discourage you from getting away from the abusive situation.
- Join a support group and make every effort to attend at least three times a week in the beginning to gain support and learn more about community resources.
- If you are thinking of returning to an abusive situation, discuss it with someone you trust or contact a counselor.
- Use a third party to contact the abuser if you have to.
- If the abuser approaches you in a public place, draw attention to yourself and speak clearly and loudly to the abuser when asking him/her to leave you alone.

"I love and accept myself just the way I am. I deserve to be happy, healthy and successful. I am going to be an even happier person today. I deserve the very best life has to offer. I am perfect just as I am."