

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)
- 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
- Children's favorite blankets/toys

Emergency numbers

Police Emergency Number 911

National Domestic Violence Hotline

1.800.799.SAFE (7233)
1.800.787.3224 (TTY) for the Deaf

**Tennessee's Child Protective Service's
(for reporting abuse against children)
Abuse/Neglect Hotline** 1-877-237-0004

**Adult Protective Services (for reporting
abuse against people with disabilities
or the elderly)** 865-594-5685

Knoxville Police Department 215.6810

Knox County Sheriff 215.6820

Attorney General 215.2515

Fourth Circuit Court 215.2404

Property watch: city 215.7268 • county 215.2444

Other Important Numbers To Know

Advocates I spoke with at the Family Justice Center:



**FAMILY
JUSTICE
CENTER**

400 Harriet Tubman Street
Knoxville, TN 37915
www.fjcknoxville.org

Hours | Monday – Friday • 8 a.m. – 4 p.m.

After hours | Call the 24/7 Helpline at 865.521.6336

*No appointment necessary, but please allow at least
2 hours to meet with our staff. **All services are free.***

*One call to make.
One place to go.*

Support and services for
victims of domestic violence.

24/7 FAMILY VIOLENCE HELPLINE

865.521.6336

Personal Safety Plan

Personal Safety Plan

peace
Taking precautions
and making plans
to stay safe

*safety
security
serenity
hope
courage
warmth
joy*



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DOMESTIC VIOLENCE

You have a right to be safe!

No one deserves to be hit or threatened. If you are being hurt by someone you love, make plans and take precautions to keep yourself and your children safe. Here are some suggestions that have helped other people in situations like yours.

Safety During An Explosive Incident

- If there is an argument, try to be in a place that has an exit 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 with money, change of clothes, set of keys and leave it at a friend's house or some other person you trust.
- 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.
- 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 some dangerous situations, give the abuser what he wants to calm him down.
- Keep your cell phone charged & call or text 911 with the address where you need assistance.

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 and 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 can go and someone who can lend you money.
- Always keep the shelter phone number, a calling card, or some change for emergency phone calls with you.
- If you have pets, make arrangements for them to be cared for in a safe place. You can contact the Family Justice Center regarding your need of shelter for your pet at 521.6336

Safety With A Protective Order

- You can file for a protective order at the Family Justice Center or 4th Circuit Court Clerks office in the Knox County Court House.
- Always keep your protective order with you.
- If your partner violates the protection order, you can call the police and report a violation, contact your attorney, call your advocate, and/or advise the court of the violation.
- 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.
- You can document all violent and threatening incidents with dates, times and witnesses to the events listed as well as keep all voicemail messages and take them to a domestic violence advocate to record as evidence of the violation of the order.
- You can also file a private criminal complaint with the district justice in the jurisdiction where the violation occurred or with the district attorney. You can charge your abuser with a violation of the Order of Protection and all the crimes that he/she commits in violating the order. You can call the domestic violence advocate to help with this.

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 times when you are not with them.
- Inform your children's school or day care, 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.
- Never tell the abuser where you live. Never call the abuser from your home because the abuser may find out where you live.
- Request an unlisted/unpublished number from the telephone company.

freedom

Remember, leaving your batterer is the most dangerous time!

Safety With Technology

- Check your cell phone settings: If you are using a cell phone provided by your abuser, consider turning it off when not in use. When the phone is on, check the phone settings; if your phone has an optional location service, you may want to switch the location feature off/on via phone settings or by turning your phone on and off.
- Create a new e-mail 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 or an internet café.
- Change passwords and PIN numbers frequently
- Search your name on the major internet search engines to see if the results have links to your contact information, if so, begin removing that.
- Be careful about social network media, it can be hacked and those who are your friends may be how your abuser finds out information about you by acting like someone else to become their friend or having someone else befriend them. Be careful what information you share about yourself on your social network site.

Safety On The Job And In Public

- Inform someone at work of your situation. Include the security officers at work and provide them with a picture of your batterer.
- Have someone screen your telephone calls at work.
- Have someone escort you to and from your car, bus or train.
- Use a variety of routes to come and go from home.
- You can conduct business at a different location or time from when you were with your abuser.

Remember, you don't deserve to be hit or threatened!