

SAFETY PLANNING

If you have been a victim of domestic violence you should have a safety plan. A safety plan is a tool to help you increase your safety and think about what you can do to protect yourself from further abuse. You have choices about how to best get yourself and your children to safety.

THINGS TO DO BEFORE A VIOLENT INCIDENT:

- Talk to a neighbor about the violence and ask them to call police if they hear a disturbance.
- Open your own savings account to increase your independence.
- Teach your children to dial 911.
- Pack a bag and have it ready to go in case you must leave home. Leave this bag in the trunk of your car or with a neighbor if you feel that having it at home will compromise your safety. You will need to take the following items: clothing, medication, money, identification, keys, and important papers.
- Decide where you will go if you must leave your home. Ask a friend or relative if they will let you stay with them, or if they will lend you money. Go to a domestic violence shelter, if necessary.

The shelters are:

Cook County: Community Crisis Center (847) 697-2380

DuPage County: Family Shelter Service (630) 469-5650

Cook County: Wings Safe House (847) 221-5680

THINGS TO DO DURING A VIOLENT INCIDENT:

- Get away! Go to a friend, relative, or shelter. Do not compromise your safety in order to gather personal belongings. You can come back for those at a later date with a police escort.
- Call 911. Ask the police to arrest the abuser. Sign a complaint. The police can also provide transportation to a shelter if you wish to go.

THINGS TO DO AFTER A VIOLENT INCIDENT:

- Get medical attention if needed.
- Take photographs of your injuries. Save evidence in case you decide to take legal action later.
- Make a police report, even if you don't want the abuser arrested. The report will become evidence of abuse, which might prove helpful in the future.
- Get an Order of Protection to protect against future abuse.
- Seek professional help to discuss your options. Attend a victim's support group to learn more about yourself and the relationship.

A professional trained in domestic violence can help you work out a personal safety plan and talk to you about your options, including shelter, police and court protection, and your legal rights.

For Help, Call:

Hanover Park Police Social Services: (630) 823-5579

Community Crisis Center, Cook & Kane County: (847) 697-2380

Family Shelter Service, DuPage County: (630) 469-5650

Wings Program, Cook County: (847) 221-5680

