

Staying Safe at Work

- ✓ Tell a co-worker or supervisor about the situation, and ask them to contact the police in an emergency.
- ✓ Ask someone to screen your calls.
- ✓ Be aware of your surroundings during your entry and departure every day.
- ✓ Vary the route of your commute.
- ✓ Keep a copy of your Order of Protection with you.
- ✓ Provide security and/or receptionists with a photo of the abuser.
- ✓ Request that your desk or office be moved to a safe location.
- ✓ Request help from the *Employee Assistance Program* or your human resources department.
- ✓ Carry a noisemaker (e.g., whistle, alarm, cell phone, etc.) with you to summon help.

Federal, State, and local laws prohibit employment discrimination based on your status as a victim of domestic violence.

Remember, a *Victim Advocate* is always available to speak with your employer on your behalf.

The NYPD helps thousands of victims of domestic violence and their families every year.

Don't wait.
Seek help today.

Contact the *Domestic Violence Prevention Officers* or the *Victim Advocates* at your local precinct or PSA.

For emergencies, dial "911."

Call the 24-hour National Domestic Violence Hotline:
1-800-799-7233



DOMESTIC VIOLENCE

SAFETY PLANNING

Do you have a **plan to protect yourself and your family** from domestic violence?

Stay safe.
We are here to help.



Be safe. Don't wait. Seek help today.

STEP 1: Make a Safety Plan

Many victims of domestic violence find it helpful to make a **safety plan**. Contact the *Domestic Violence Prevention Officers* or the *Victim Advocates* at your local precinct or PSA to **develop a safety plan tailored to your needs**.

Here are some recommendations to get started:

- Call "911" if the abuser becomes violent.
- Ask **neighbors, friends, and family** to intervene or call "911" if they hear arguing or loud noises.
- Use **noisemakers** (such as whistles or personal alarms) to summon assistance.
- Choose a **code word** you can use with friends and family to alert them to call for help.
- Obtain an **Order of Protection**.
- Save copies of **important documents** in a secure location.
- If the abuser becomes violent, avoid entering rooms without multiple exits.
- Do **not** share your safety plan with anyone who might share it with the abuser.
- **Practice your escape plan** with your children, including how to make a phone call.

STEP 2: Be Prepared to Leave

Prepare an **escape bag** in case you **need to flee from the abuser**. Leave it in a **secure location** away from the home. Consider entrusting it to a **close friend or relative** for safekeeping.

Items You Should Include

- A change of clothing for you and your children.
- Money, checkbook, ATM card, credit cards, etc.
- Personal hygiene products (e.g., toothbrush, deodorant, toiletries, etc.).
- Diapers, formula, and toys for your children.
- An address book with phone numbers of contacts.
- A set of spare keys to your car and home.
- Medication.
- Forms of identification (e.g., driver's license, work permits, green cards, birth certificates, and social security cards for you and your children).
- Original copies of important documents (e.g., Order of Protection; divorce, custody, or injunction papers; car, health, or life insurance papers, etc.).
- A photo of the abuser for identification purposes.

STEP 3: Stay Safe

If you are concerned about safety in your home, contact your local precinct or PSA for a **free crime prevention survey**. Notify family, friends, employers, and schools of your situation.

Useful Safety Tips

- ✓ Put rental documents, phone bills, utilities, and any other paperwork in someone else's name.
- ✓ Obtain an unlisted phone number.
- ✓ Use a post office box (P.O. box) instead of a street address to receive mail; check it during busy hours.
- ✓ Keep copies of your Order of Protection on your person, on your cell phone, and in your home.
- ✓ Install metal doors, an additional door lock, and window alarms.
- ✓ Have another person deliver and pick up your children at school, or at court-ordered visits.
- ✓ Avoid visiting locations that you frequented while you were with the abuser.

Call "911" if you are in danger or if your Order of Protection is violated.