

SAFETY PLAN CHECKLIST

- ☐ Birth certificates for you and your children
- ☐ Social security cards for you and your children
- ☐ Driver's license, California ID, or other legal ID
- ☐ Work permit
- ☐ Cash, debit, and credit cards
- ☐ Bank account information
- ☐ Car registration and insurance papers
- ☐ Health and life insurance papers
- ☐ Medications and prescriptions
- ☐ Medical records for you and your children (including immunization records)
- ☐ School records for your children
- ☐ Restraining order
- ☐ Divorce and custody papers
- ☐ Marriage license
- ☐ Rental agreement or mortgage papers
- ☐ Important phone numbers
- ☐ Cell phone and charger
- ☐ House and car keys
- ☐ Anything that is valuable or sentimental
- ☐ Children's favorite toy, blanket, pillow

REMEMBER

STAY SAFE

- Think of someone to call when you feel down.
- If you have to communicate with your abuser do it in a way that makes you feel safe, either by phone, mail, or with another person.
- Find a safe place to exchange your children for visitation.

You do not have control over your abuser's violence, but you do have choices about how you respond. Your safety and the safety of your family is the most important thing. With the help of community agencies, family and friends, you can stop the abuse.

Family Self-Sufficiency
CalWORKs Offices

Domestic Abuse Services Unit (DASU)	(714) 435-7866
North County	(714) 490-2200
South County	(949) 206-4000
East County	(714) 435-5800
West County	(714) 503-2200

To Obtain Temporary
Restraining Orders

Assistance/counseling	(714) 935-7956
24-hour Information Line	(714) 973-0134

POLICE EMERGENCY: Call 911

RESOURCES

Domestic Abuse Shelters/Hotlines

National Domestic Violence Hotline	(800) 799-7233
Human Options	(949) 854-3554
Interval House	(714) 891-8121
Laura's House	(866) 498-1511
Women's Transitional Living Center (WTLC)	(714) 992-1931

Legal Assistance

Legal Aid Society	(800) 834-5001
Public Law Center	(714) 541-1010
Lamoreaux Justice Center	(714) 935-8304 ext. 5
Anaheim Family Justice Center	(714) 765-1645
Salvation Army	(714) 542-9576

Victim/Witness Services

Central Court	(714) 834-4350
Harbor Court	(949) 476-4855
North Court	(714) 773-4575
West Court	(714) 896-7188
VINE: Victim Information Notification Everyday*	(800) 721-8021

*Victims can register to be notified immediately of the offender's release, escape, transfer, or court appearances. Online info: www.vinelink.com

Other Community Resources

Orange County Info Link	Call 2-1-1
FaCT Family Resource Centers	(714) 704-8777
Safe at Home Program	(877) 322-5227

FAMILY SELF-SUFFICIENCY

CalWORKs/Welfare-to-Work

DOMESTIC ABUSE
SERVICES
&
SAFETY PLAN



Orange County
Social Services Agency

DOMESTIC ABUSE

DOMESTIC ABUSE HURTS YOU

No one has the right to use threats or force to control another person. Are you in an abusive relationship? Does the other person:

- Threaten to hurt you or your children, family, or pets?
- Handle all the money?
- Push, shove, or throw things at you or your children?
- Keep you away from your friends or family?
- Control who you can see or talk to, where you can go or what you can do?

If these things are happening to you, or have happened to you in the past, you might feel ashamed and alone, but many people have similar experiences. Domestic abuse hurts everyone, regardless of gender, age, culture, religion, education or income.

DOMESTIC ABUSE HURTS YOUR FAMILY

Most people who experience domestic abuse will never tell anyone, but it can destroy a family. Even very young children who see or hear abuse become fearful and anxious. Girls learn to believe that threats and violence are normal in an adult relationship. Boys who witness domestic abuse are *two times more likely* to abuse their own partners and children when they become adults. Adult victims of domestic abuse often suffer from physical and mental health problems, including depression and anxiety.

WHAT CAN YOU DO?

Come up with a Safety Plan. Think about these things ahead of time:

- What are my abuser’s “warning signals?”
- Do I have an escape route? Do my children know what it is?
- Do I have a safe place to go if I need to leave right away?
- Have I shared a code word or signal with my family, friends and coworkers so they will know if I need help?
- Do my children know how to call 911?

- Have I packed an emergency bag with money, medications, clothes, important papers and phone numbers, and hidden it in a safe place?

TALK TO SOMEONE

The Domestic Abuse Services Unit (DASU) provides confidential services designed to help you overcome barriers to self-sufficiency that are caused by domestic abuse. You will be assigned to a team of specialized staff who:

- Provide individual case assessment and counseling,
- Offer access to domestic abuse shelters,
- Make referrals for childcare and transportation,
- Help with food and housing,
- Arrange in-home parenting services,
- Help with restraining orders,
- Develop a Welfare-to-Work (WTW) plan that meets your specific needs.

PARTICIPATION IN WELFARE-TO-WORK

If your situation temporarily prevents or limits your ability to participate in WTW activities, we may waive certain program requirements, including CalWORKs Time on Aid limits, hourly participation requirements, and budgeting requirements if you are a sponsored noncitizen.

NONCITIZEN VICTIMS OF DOMESTIC ABUSE

If you are a victim of domestic abuse and are not a US citizen, or a legal resident, you may still be eligible to CalWORKs and/or domestic abuse services. Ask us for more information.

CONFIDENTIALITY

To be sure you stay safe your case is treated confidentially. We will not release information about you or your family to anyone without your written agreement, unless the information is required by law. We can also give you information about the Safe at Home program, which keeps your real address confidential.

SAFETY PLAN

Abusers try to control their victims’ lives. When they feel a loss of control - like when their victim tries to leave - the abuse may get worse. Be safe as you plan to leave, and stay safe after you have left.

BE SAFE DURING AN ARGUMENT

- Try to be in a place that has an exit.
- Stay away from bathrooms, closets, or small spaces where you could be trapped.
- Stay away from the kitchen or anywhere weapons might be.
- Plan your escape route and be sure your children know what it is.
- Keep your cell phone with you.
- Tell neighbors you trust about the abuse and ask them to call 911 if they hear angry or violent noises at your home.
- Trust your judgment. If the situation is very dangerous consider giving the abuser what he/she wants to calm him/her down.

BE SAFE AS YOU PREPARE TO LEAVE

- Open a bank account in your own name.
- Leave money, an extra set of keys, copies of important papers, and clothes with someone you trust.
- Keep shelter phone numbers with you.
- If your abuser has access to your computer, he/she may be able to see any Domestic Violence websites you have visited, or documents you have downloaded. Use a computer at a public library or at a friend’s house instead.
- Keep gas in your car.
- If you have pets, make plans for a safe place to take them.
- Review your safety plan often.

BE SAFE WHEN YOU HAVE A PROTECTIVE ORDER OR A RESTRAINING ORDER

- Always keep a copy of your order with you.
- Tell your family, friends, neighbors and supervisor at work that the order is in effect. If the order involves your children be sure to notify their school and child care provider.
- Call the police if your abuser breaks the order, and think of ways to stay safe if they don’t respond right away.
- Remember that a Protective Order is only temporary. You must return to court to make it final.

BE SAFE IN YOUR HOME

- After the abuser moves out tell your neighbors and landlord, and ask them to call the police if they see him/her near your home.
- Think of someone who might be able to stay with you for a while.
- Change your phone number.
- Change the locks on your doors. Keep your windows locked. Be sure your outside lights are working.
- Talk to your children about a safety plan for times you are not with them.
- Let schools and child care providers know who is allowed to pick up your children.

BE SAFE WHILE YOU ARE AT WORK OR OUT IN PUBLIC

- Tell someone at work what is going on, including security staff.
- If possible, ask someone to screen your phone calls.
- Park in well-lighted areas. When you leave work, walk to your car or bus stop with other people.
- When possible, change your routine by shopping at different stores, and by taking different routes to work, school, and child care.