

The following steps represent a plan for increasing your safety and preparing in advance for the possibility of further violence. Please take the time to print this document and fill it out with a friend or family member. You may also call the Victim/Witness Office at (434) 847-1343, and one of our Victim/Witness assistants will help you develop a safety plan for you and your family.

Safety Plan

Step 1: Safety during violence

- A. If I decide to leave home, I can go (list four places) _____,
_____, _____, _____.
- B. I can keep a bag ready and put it _____ so I can leave quickly.
- C. I can tell _____ about the violence and have them call the police if they hear suspicious noises coming from my home.
- D. I can teach my children to use the telephone to call 911 in case of an emergency.
- E. When an argument erupts, I will move to a safer room such as _____.
- F. I can leave extra money, car keys, clothes, and copies of documents with _____.
- G. I will have the following phone numbers accessible to myself and my children:

YWCA Domestic Violence Prevention Center	528-1041
Sexual Assault Response Program	947-7273
Friends/Family	_____

Step 2: Safety when getting ready to leave

- A. I will keep change for phone calls with me at ALL times.
- B. I will review my safety plan every _____ (time frame) in order to plan the safest route. I will review the plan with _____ (a friend, family member, counselor, or Victim/Witness assistant).
- C. I will rehearse the escape plan and practice it with my children.

Step 3: Increasing safety when the relationship is over

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steel/metal doors, and install security systems (additional locks, window bars, etc.).
- C. I can install smoke detectors and buy fire extinguishers for each floor of my home.
- D. I can install an outside lighting system that lights up when someone approaches my house.
- E. I will teach my children how to use the phone to make collect calls to me and to _____ (friend, family member, minister) if my partner tried to take them.
- F. I will inform _____ and _____ that my partner no longer resides with me and to call the police if my partner is observed near my residence or my children.
- G. I will tell the people who take care of my children who has permission to pick them up and that my partner is NOT allowed to pick them up under any circumstances. I will inform the following people:
 - School _____
 - Day Care _____
 - Babysitter _____
 - Sunday School _____
 - Teacher _____
 - Others _____

Step 4: Order of Protection

- A. I can obtain a protective order from the Juvenile and Domestic Relations Court, and will keep it near me at all times as well as leave a copy with _____
- B. I will tell my employer, church leader, friends, family, and others that I have a protective order.
- C. If my protective order gets destroyed, I know I can go to the Juvenile and Domestic Relations Courthouse and get another copy.
- D. If my partner violates the protective order, I will call the police and report it. I will also call my lawyer, counselor, and/or tell the courts about the violation.

Step 5: Job and Public Safety

- A. I can tell my boss, security, and _____ at work about this situation.
- B. I can ask _____ to help screen my phone calls.
- C. When I am driving home from work and problems arise, I can _____

- D. I will shop at different grocery stores and retail stores or go at different hours than I did when I was with my partner. I will also use a different bank or bank during hours different than I did when I was with my partner.

Step 6: Emotional Health

- A. If I feel depressed and ready to return to a potentially violent situation/partner, I can talk to _____ or can call _____
- B. When I have to talk to my partner in person or on the phone, I can _____

- C. I can attend workshops and support groups to gain support and strengthen my relationships with people.

Community Resources

Crisis & Emergency Numbers

Lynchburg Police Department	911
YWCA Domestic Violence Prevention Center (24-hour emergency shelter)	434-528-1041
Sexual Assault Response Program (24-hour hotline assistance)	434-947-7273
Crisis Line of Central Virginia (24-hour hotline assistance)	434-947-4357
Virginia Family Violence & Sexual Assault Hotline (24-hour assistance)	800-838-8238

Financial Assistance

Criminal Injuries Compensation Fund	800-552-4007
Lynchburg Social Services (food stamps, general relief, state and local hospitalization)	434-847-1354
Interfaith Outreach Association	434-846-6098

Law Enforcement Offices

Lynchburg Police (non-emergency)	434-847-1614
Lynchburg Magistrate's Office	434-847-1329
Lynchburg Commonwealth's Attorney's Office	434-847-1593
Juvenile & Domestic Relations Court (clerk's office)	434-847-1580
Juvenile & Domestic Relations Court Services Unit (protective orders)	434-847-1582

Inmate Locator and Notification

Blue Ridge Regional Jail Authority Inmate Information	434-847-1300
Victim Notification of Offender Status (VINE)	800-467-4943

General Information

United Way Information and Referral Center	434-845-8016
Virginia Lawyer Referral Service	800-552-7977

For additional resources not listed above, please contact the Lynchburg Victim/Witness Office at 434-847-1343