

VII. IF YOU ARE A TEEN IN A VIOLENT DATING RELATIONSHIP

A. Decide which friend, teacher, relative or police officer you can tell.

B. Contact an advocate at the court to decide how to obtain a restraining order and make a safety plan.

CHECKLIST – WHAT YOU NEED TO TAKE WHEN YOU LEAVE.

- _____ Identification
- _____ Driver’s license
- _____ Children’s birth certificates
- _____ Your birth certificate
- _____ Money
- _____ Lease, rental agreement, house deed
- _____ Bank books
- _____ Checkbooks
- _____ Insurance papers
- _____ House and car keys
- _____ Medications
- _____ Small saleable objects
- _____ Address book
- _____ Pictures
- _____ Medical records for all family members
- _____ Social security card
- _____ Welfare identification
- _____ School records
- _____ Work permits
- _____ Green card
- _____ Passport
- _____ Divorce papers
- _____ Jewelry
- _____ Children’s small toys
- _____ Other

FOR MORE INFORMATION ABOUT YOUR LEGAL RIGHTS AND OPTIONS contact an advocate at your local court, shelter, or one of the following numbers:

Washington State DV Hotline: 1-800-562-6025

BATTERED WOMEN’S SHELTERS:

- Charlotte House, Cathlamet 795-6400
- Emergency Support Shelter, Kelso 425-1176
- 24 hour crisis line 636-8471
- Legal Advocate ext. 15 425-1176
- Human Resource Network, Chehalis 748-1429
- Safe Choice, Vancouver 696-0167
- Women’s Resource Center, St. Helens (503)397-7110
- 1-800-397-6161

POLICE:

- Castle Rock Police 274-4711
- Cowlitz County Sheriff 577-3092
- Kalama Police 673-2165
- Kelso Police 423-1270
- Longview Police 577-3157
- State Patrol 577-2050
- Wahkiakum County Sheriff 795-3242
- Woodland Police 225-8981

OTHER IMPORTANT NUMBERS:

- Adult Protective Services 501-2500
- Center for Behavioral Solutions 414-2280
- Child Protective Services 501-2600
- Community House 425-8679
- Cowlitz Family Health Center (WIC) 636-3892
- Lower Columbia Mental Health 425-5380
- Crisis Response 425-6064



EMERGENCY SUPPORT SHELTER

304 Cowlitz Way
Kelso, Washington

24 HOUR CRISIS LINE
636-8471

OFFICE
425-1176

TTY/VOICE
1-800-223-3131

EVERYONE HAS A RIGHT TO BE SAFE !



I. SAFETY DURING AN EXPLOSIVE INCIDENT

- A. If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in the bathroom, kitchen, or anywhere near weapons.
- B. Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be used.
- C. Have a packed bag ready and keep it in an undisclosed but accessible place in order to leave quickly.
- D. Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- E. Devise a code word to use with your children, family, friends, and neighbors when you need police.
- F. Decide and plan for where you will go if you have to leave home (even if you don't think you will need to.)
- G. Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself until you are out of danger.
- H. Always remember – **YOU DON'T DESERVE TO BE HIT OR THREATENED!**

II. SAFETY WHEN PREPARING TO LEAVE

- A. Open a savings account in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.

B. Leave money, an extra set of keys, copies of important documents and extra clothing with someone you can trust so you can leave quickly.

C. Determine who would be able to let you stay with them or lend you some money.

D. Keep the shelter phone number close at hand and keep some change or a calling card on you at all times for emergency phone calls.

E. Review your safety plan as often as possible in order to plan the safest way to leave your batterer.

REMEMBER – LEAVING YOUR BATTERER IS THE MOST DANGEROUS TIME.

III. SAFETY IN YOUR OWN HOME

- A. Change the locks on your doors as soon as possible. Buy additional lock and safety devices to secure your windows.
- B. Discuss a safety plan with your children for when you are not with them.
- C. Inform your children's school, day care, etc., about who has permission to pick up your children.
- D. Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him near your home.

IV. SAFETY WITH A PROTECTIVE ORDER

- A. Keep your protective order with you at all times. (When you change your purse, your order should be the first thing that goes in it).
- B. Call the police if your partner breaks the protective order.
- C. Think of alternative ways to stay safe if the police do not respond right away.

D. Inform family, friends, and neighbors that you have a protective order in effect.

V. SAFETY ON THE JOB AND IN PUBLIC

- A. Decide who at work you will inform of your situation. This should include office or building security. Provide a picture of your batterer if possible.
- B. Arrange to have someone screen your telephone calls if possible.
- C. Devise a safety plan for when you leave work. Have someone escort you to your car, bus, or train. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home (i.e., in your car, on the bus, etc.).

VI. YOUR SAFETY & EMOTIONAL HEALTH

- A. If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- B. If you have to communicate with your partner, determine the safest way to do so.
- C. Have positive thoughts about yourself and be assertive with others about your needs.
- D. Read books, articles, and poems to help you feel stronger.
- E. Decide who you can call to talk freely and openly to give you the support you need.
- F. Plan to attend a women's or victim's support group for at least 2 weeks to gain support from others and learn more about yourself and the relationship.