



Hubbard House
EVERY RELATIONSHIP VIOLENCE-FREE

Telephone Resources:

Domestic Violence Shelters

Hubbard House, Inc. (904) 354-3114
 (Duval and Baker counties)
 Hubbard House Outreach Center (904) 400-6300
 Quigley House (Clay County) (904) 284-0061
 Betty Griffin House (St. Augustine) (904) 824-1555
 Micah's Place (Nassau County) (904) 225-9979

Legal Assistance

Jacksonville Area Legal Aid (904) 356-8371
 Jacksonville Bar Lawyer Referral Service (904) 399-5780

Police

Jacksonville Sheriff's Office Emergency 911
 Information (904) 630-0500
 Dispatch (904) 270-1661
 Business (904) 270-2413
 Atlantic Beach Police (904) 247-5859
 Clay County Sheriff's Office (904) 264-6512
 Nassau County Sheriff's Office (904) 353-7072
 St. Johns County Sheriff's Office (904) 824-8304

Injunction for Protection

Clerk's Office (904) 630-2400 ext. 6262
 State Attorney's Office
 Domestic Violence Unit (904) 630-7514

Elder Abuse Hotline

(800) 962-2873

Victim Services Center

(904) 630-6300

State of Florida Assistance Directory

(904) 359-6000

Child Abuse Hotline

(800) 962-2873

Department of Children and Families

(800) 962-2873

Naval Family Advocacy Programs

Mayport (904) 270-6600
 NAS Jacksonville (904) 542-2766 ext. 122, 120, 143

Web site Resources:

Hubbard House

www.hubbardhouse.org

Florida Coalition Against Domestic Violence

www.fcadv.org

Jacksonville Area Legal Aid

www.jaxlegalaid.org

Florida Department of Children & Families

www.dcf.state.fl.us/domesticviolence

Teen Dating Violence Information

www.loveisnotabuse.com

National Clearinghouse on Abuse in Later Life

www.ncall.us

Internet /Interactive Technology Safety

www.wiredsafety.org



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24-Hour Hotline: 904-354-3114/800-500-1119
 Outreach Center: 904-400-6300
 Administrative: 904-354-0076
 Fax: 904-354-1342
 TTY: 904-354-3958
 PO Box 4909, Jacksonville, FL 32201
www.hubbardhouse.org



DOMESTIC VIOLENCE

SAFETY PLAN



SAFETY TIPS FOR YOU & YOUR FAMILY

CHECKLIST

1. Safety During an Explosive Incident

- If an argument is unavoidable, have it in an area that has access to an exit and not in the bathroom, kitchen or anywhere near weapons.
- Practice how to safely leave your home. Identify which doors, windows, elevators or stairwells work the best.
- Keep a packed bag ready in an undisclosed accessible location in order to leave quickly.
- Talk to a trusted neighbor about the violence and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word to be used with your children, family, friends and neighbors when you need the police.
- Make a plan to determine where you will go if you have to leave the home (even if you don't think you will need to).
- Trust your instincts and judgments. If you cannot call 911, focus on doing what it takes to survive.

2. Safety When Planning to Leave

- Think of ways to increase your independence such as opening a bank account in your name.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust so you can leave quickly.
- Know how to get to your local domestic violence shelter.
- Keep shelter phone numbers and spare change with you at all times for emergency phone calls.
- Update and review your safety plan as often as needed to ensure the safest way to leave your batterer.



3. Safety in Your Home After the Batterer Has Left

- Change the locks on your door as soon as possible. Have safety devices installed to secure your windows.
- Discuss a safety plan with your children for when you are not with them.

4. Injunction for Protection Safety

- Keep your Injunction for Protection order with you at all times and call the police immediately if your partner violates your injunction.
- Think of alternative ways to keep safe if the police are unable to respond right away.
- Inform family, friends, employer, neighbors and your children's schools that you have an Injunction for Protection order in effect.

5. Safety on the Job and in Public

- Decide who at work you will inform of your situation. This should include building security (provide picture of batterer if possible).
- Devise a safety plan for when you leave work. Vary your schedule as much as possible. Have someone escort you to your car or bus. Use a variety of routes home if possible. Plan in advance what you would do if something happened while you are going home (in your car, on the bus, etc.).

Things to Bring When You Leave

- Driver's License/I.D.
- Children's Birth Certificates
- Your Birth Certificate
- Money
- Lease, Rental Agreement, House Deed
- Bank/Checkbook
- Family Heirlooms
- Insurance Papers (Medical, Life, Auto)
- House/Car Keys
- Medication
- Small Marketable Objects
- Address Book
- Photographs
- 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



**YOU DO NOT
DESERVE TO
BE HIT OR
THREATENED.**

**LEAVING YOUR BATTERER
CAN BE ONE OF THE MOST
DANGEROUS TIMES.**