

1. When I have to talk to the abuser, I can _____.
2. When I talk on the phone with the abuser, I can _____.
3. I can make up a "code word" for my family, co-workers, friends and counselor so they know when to call for help for me. My code word is _____.
4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt, such as _____ (at work), _____ (at home) or _____ (in public).
5. I can tell my family, co-workers, boss, counselor or a friend about my situation. I feel safe telling _____.
6. I can screen my calls, texts, emails, and visitors. I have the right to not receive harassing phone calls, texts or emails. I can ask friends, family members or co-workers to help me screen my contacts. I can ask these people for help: _____.
7. I can call any of the following people for assistance or support if necessary and ask them to call the police if they see the abuser harassing me.
Friend: _____
Relative: _____
Co-worker: _____
Counselor: _____
Shelter: _____
Other: _____
8. When leaving work, I can _____.
9. When walking, riding, or driving home, if problems occur, I can _____.
10. I can attend a victim's/survivor's support group with the Domestic Violence program, like _____.
11. Contact Information I Need To Have:
Police Department: _____

Domestic Violence Program: _____

Sexual Assault Program: _____

Advocate: _____

Attorney: _____

Counselor: _____

Spiritual Support/Clergy: _____

Probation Officer: _____

Other: _____