



# Family violence doesn't just affect adults. Chances are, your kids are victims, too.

FOR HELP: [fcapc.org](http://fcapc.org), [lucaskids.net](http://lucaskids.net), or [ywcanwo.org](http://ywcanwo.org)



## Safety During a Violent Incident

- When an argument begins, try to move to a room or area that has access to an exit. Avoid the bathroom, kitchen, or anywhere there could be a potential weapon.
- Practice how to get out of your home. Identify which doors, windows, stairwells or elevators would be best.
- Devise a signal or code word to use with your family, friends and neighbors when you need the police.
- Identify a neighbor who you can tell about the violence. Ask that neighbor to call the police if they hear a disturbance coming from your home or a prearranged signal.
- Decide and plan where you will go if you have to leave home (even if you don't think you will need to). This should be a safe place from which you can call for further assistance.
- Use your own instincts and judgement. You have a right to protect yourself until you are out of danger.
- Always remember – you don't deserve to be hit or threatened!

## Safety When Preparing to Leave

- Open a bank account in your own name to establish or increase your independence.
- Have a packed bag ready and keep it in a secret place that is easy to reach.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust.
- Determine who you could stay with when you leave. They should not be fearful of your significant other.
- Keep important phone numbers close at hand; keep your phone charged and with you for emergency phone calls.
- Practice how you would leave your home quickly if you had to. Remember – leaving your batterer can be very dangerous!

## Safety in Your Own Home

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- Inform your neighbors and landlord that your partner no longer lives with you, and that they should call the police if they see him/her near your home.

## If You Have Children

- With the adult caregiver and child, discuss the use of a code word and what the child should do when the word is used.
- Plan where to go when fighting starts (i.e., neighbor, relative, own room with door shut).
- Teach the child to call 911 if fighting starts.
- Inform your children's schools, day care, etc., about who has permission to pick them up.

## Safety with a Protective Order

- Keep your protective order with you at all times.
- Call the police if your partner breaks the protective order.
- Think of alternative ways to remain safe if the police do not respond right away.
- Inform family, friends, neighbors and landlord that you have a protective order in effect.

## Safety on the Job and In Public

- Decide who at work you will inform of your situation. This should include office or building security. Provide them with a picture of your partner, if possible.
- Arrange to have someone screen your telephone calls, if possible.
- Devise a safety plan for coming and going from work. Have someone escort you to and from your car or the bus. Use a variety of different routes to go home.

## Important Items to Take When You Leave:

- Address book
- Auto title/insurance
- Bank and investment account information
- Birth certificates
- Children's school records
- Comfort items or favorite toys for children
- Driver's license/ID/passport
- Health insurance documents/cards
- House and car keys
- Immigration papers/work permit
- Lease, rental agreement or property deed
- Marriage/divorce documents
- Medical records
- Medications – at least 1 month supply and written prescriptions
- Money, credit and ATM cards
- Photographs, small keepsakes
- Protective/custody orders, police reports
- Social Security cards

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## Domestic Violence Services

<b>Bethany House</b>	419.727.4948	<a href="https://www.bethanyhousetoledo.org/">https://www.bethanyhousetoledo.org/</a>
<b>Children's Advocacy Center/Children Who Witness Violence Project</b>	419.292.2927	<a href="https://www.fcapc.org/">https://www.fcapc.org/</a>
<b>Cocoon Shelter</b> (Bowling Green)	1.419.352.1545	<a href="https://thecocoon.org/">https://thecocoon.org/</a>
<b>Crisis Response</b>	419.245.3324	Staffed 8am – 4pm; other hours leave a message or call 9-1-1
<b>Domestic Violence Resource Center</b> (civil protection order)	419.213.2700	<a href="https://co.lucas.oh.us/550/Domestic-Violence">https://co.lucas.oh.us/550/Domestic-Violence</a>
<b>Emergency</b>	9-1-1	
<b>Family and Child Abuse Prevention Center/ Domestic Violence Court Advocate</b>	419.244.3053	<a href="https://www.fcapc.org/">https://www.fcapc.org/</a>
<b>Jewish Family Services</b>	419.885.2561	<a href="https://www.jewishtoledo.org/">https://www.jewishtoledo.org/</a>
<b>Juvenile Court</b> (protection order against a minor)	419.213.6722	<a href="https://co.lucas.oh.us/204/Juvenile-Court">https://co.lucas.oh.us/204/Juvenile-Court</a>
<b>Lucas Co. Children Services</b>	419.213.3200	<a href="https://lucaskids.net/">https://lucaskids.net/</a>
<b>Lucas Co. Victim-Witness Assistance</b>	419.213.4591	<a href="https://co.lucas.oh.us/3150/VictimWitness-Assistance">https://co.lucas.oh.us/3150/VictimWitness-Assistance</a>
<b>Maumee Victims' Advocate</b>	419.897.7152	<a href="https://co.lucas.oh.us/3160/Suburban-Courts-Services">https://co.lucas.oh.us/3160/Suburban-Courts-Services</a>
<b>National Domestic Violence Hotline</b>	1.800.799.7233	<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
<b>National Teen Dating Abuse Helpline</b>	1.866.331.9474	<a href="https://www.loveisrespect.org/">https://www.loveisrespect.org/</a>
<b>Ohio Domestic Violence Network</b>	1.800.934.9840	<a href="https://www.odvn.org/">https://www.odvn.org/</a>
<b>Oregon Court Advocate</b>	419.698.7067	<a href="http://www.oregonmunicipalcourt.us/">http://www.oregonmunicipalcourt.us/</a>
<b>Providence Center</b>	419.244.0666	<a href="https://www.facebook.com/The-Providence-Center-for-Social-and-Economic-Empowerment-345170038904396/">https://www.facebook.com/The-Providence-Center-for-Social-and-Economic-Empowerment-345170038904396/</a>
<b>Sylvania Court Advocate</b>	419.882.8018	<a href="https://www.sylvaniacourt.com/">https://www.sylvaniacourt.com/</a>
<b>Toledo Police Domestic Violence Officer Detective Teresa Talton</b>	419.245.1132 419-936-3827	<a href="https://toledopolice.com/community/crime-victims-resources.html">https://toledopolice.com/community/crime-victims-resources.html</a>
<b>Unison Behavioral Health</b>	419.693.0631	<a href="https://www.unisonhealth.org/">https://www.unisonhealth.org/</a>
<b>United Way 2-1-1</b>	Dial 2-1-1	<a href="https://www.unitedwaytoledo.org/">https://www.unitedwaytoledo.org/</a>
<b>YWCA Domestic Violence Shelter</b>	419.241.7386	<a href="https://www.ywcanwo.org/">https://www.ywcanwo.org/</a>
<b>YWCA Domestic Violence Crisis Line</b>	1.888.341.7386 / 419.241.7386	
<b>YWCA Rape Crisis Center Sexual Assault Hotline &amp; Support Group</b> (adults & teens)	1.866.557.7273 / 419.241.7273	