

hiyá? k^wi –

When It's Time to Leave

We understand that leaving an abusive relationship is a difficult decision to make. And sometimes, protection is needed in order to leave. Will you allow us to help you? If you are considering leaving the relationship, please contact us and use this list of items as a guide for what to take with you:

Identification

- ◇ Driver's license and/or Tribal identification
- ◇ Birth certificate
- ◇ Children's birth certificates
- ◇ Social Security cards
- ◇ Passports

Financial

- ◇ Money and/or credit cards (in your name)
- ◇ Checking and/or savings account books
- ◇ Bank statements

Legal Papers

- ◇ Protective order
- ◇ Car registration and insurance
- ◇ Health and life insurance papers
- ◇ Medical records for you and your children
- ◇ School records
- ◇ Divorce, custody, and parenting plan
- ◇ Marriage license
- ◇ Work permits

Other

- ◇ Medications
- ◇ House and car keys
- ◇ Valuable or sentimental items
- ◇ Emergency phone numbers/addresses
- ◇ Change of clothes for you and your children
- ◇ Hygiene products
- ◇ Any documented evidence of abuse
- ◇ Have extra copies of your protection order at school, daycare, neighbors, etc.

nák^w cə nəmá – You are Sacred, You Have Rights

For more information about your legal rights and options, contact any agency below.

Service Agencies

Strong Hearts Native Helpline:	866-762-8483
Jamestown Child Advocacy Center	360-681-5601
Healthy Families of Clallam County	360-452-3811
Crisis Line	360-452-HELP
Forks Abuse	360-374-6411
Forks Crisis Line	360-374-2273
Port Townsend DV/SA Crisis Line	360-385-5291

Law Enforcement

Port Angeles Police	360-452-4545
Clallam County Sheriff's Office	360-452-7831
Sequim Police	360-683-7227
Lower Elwha Police	360-452-8471
Port Townsend Police	360-385-2322
Jefferson County Sheriff	360-385-3831

Other Services

Clallam County Courthouse	360-417-2000
Pro-Bono Lawyer Referral	360-417-0818
Community Action	360-452-4727
Peninsula Mental Health	360-457-0431
Suicide/Crisis Line	360-452-4500

Jamestown Social Services Team

Dustin Brenske, Therapist	360-681-4612
Maya Dizack, Client Navigator	360-681-4606
Tanya Pankowski, Child Welfare	360-681-4639

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ʔáʔk^wʔti st –
We Protect Each Other

DOMESTIC VIOLENCE SAFETY PLAN



Domestic Violence
Sexual Assault
Child Abuse Prevention



NATIONAL
CHILDREN'S
ALLIANCE®

ACCREDITED
MEMBER

24 hour Crisis line: 360-452-HELP

q^wáyŋət – Speak to Someone

**Jamestown Child Advocacy
Center 360-681-5601**

**Healthy Families of Clallam
County 360-452-3811**

**Strong Hearts Native Helpline
1-844-7NATIVE**

ᄁᄁᄁᄁ – To Hurt,

What is Domestic Violence?

Domestic Violence (DV) occurs in a relationship when one partner uses a pattern of abusive behavior to gain or maintain power and control over an intimate partner. It can happen in relationships where couples are married, living together, dating or have a child together.

Safety During a DV Incident

- In an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in a bathroom, kitchen, or anywhere near weapons.
- Practice how to get out of your home safely. Identify which doors, windows, elevators, or stairwell would be best.
- Get help from your village; 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.
- More help from your village; in addition, devise a code word to use with your children, family, friends, neighbors, therapist, case worker, or other service provider when you need the police.
- Decide and plan for where you will go if you have to leave home (even if you think you don't need to).
- Use your own instincts and judgment. You have the right to protect yourself until you are out of danger.
- Always remember - **nák^w cə nəmá** – You are Sacred, Your Children are Sacred. Our traditional ways teach that no person deserves to be abused, threatened, or hit.

yé?k^wsəŋ – To Prepare, Getting Ready to Leave

- Open a savings account in your own name to start increase your independence.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust so you can leave quickly.
- Determine who would be able to let you stay with them or lend you some money.
- Keep the shelter phone number close at hand and keep your cell phone, some change or a calling card on you at all times for emergency calls.
- Review your safety plan as often as possible in order to plan the safest way to leave your batterer.
- **Remember - use your village for help; leaving an abuser is a brave and healthy decision, but can be dangerous. Don't do it alone!**

ʔəŋʔáʔyən – Your Home, Establishing Safety

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

ʔáʔk^wᄁᄁ cŋ – I Protect Myself, Using a Protection Order

- Keep your protection order on you at all times.
- Call the police if your partner breaks the protection order.
- Think of alternative ways to keep safe if the police do not respond right away.
- Tell your village: tell family, friends and neighbors that you have a protection order in place.

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I Protect Myself at Work

Safety at Work or Public Place

- Decide who at work you will inform of your situation. This should include office or building security (provide a photo of your abuser if possible).
- Arrange to have someone screen your telephone calls, if possible.
- Devise a plan for when you leave work. Have someone escort you to your car or bus. Use a variety of routes to go home. Think about what you would do if something happened while traveling home.

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- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- If you have to communicate with your partner, determine the safest way to do so.
- Have positive thoughts about yourself and be assertive with others about your needs.
- Pray according to your faith, sing Tribal songs, speak to an Elder, read books, articles and poems to help you feel stronger.
- Decide who you can call to talk freely and openly about the support that you need.
- Plan to attend a victim's support group for at least two weeks to gain support from others.

Jamestown S'Klallam Children's Advocacy Center

**110 Sophus Rd, Sequim, WA 98382
360-681-5601**

**24 hour Crisis line: 360-452-HELP
www.jamestowntribe.org**