



FAMILY RESOURCES INC.

SERVING FAMILIES SINCE 1849

Personal Safety Tips

If you are in a domestic violence relationship

No one deserves to be abused. If things get out of hand, it's good to have a plan!

When a fight breaks out:

- Move away from the kitchen, bathroom or any place where there are dangerous objects.
- Plan the easiest escape. Decide on a door or window to exit quickly and safely.
- Find a neighbor, friend or family member you can trust to help you and your children, or to call police.
- week, you need to have some money of your own.
- Make copies of keys and important papers and leave them with a friend, neighbor, or church. Some important items to have: birth certificates, legal papers, a little money.
- If your former partner is dangerous, find someone at work to tell. Show a picture, and ask them to call 911 if your former partner comes around.
- If you need other ideas or a local referral, call us.

If you decide to leave your partner, plan for safety:

- Every situation is different. Contact us for information on how to plan for safety. Leaving may be risky for you and your children.
- Put some money away. Even if you only save a little bit every
- **Ways to stay safe on your own:**
 - Change the locks on your doors.
 - Learn about your legal rights. If you have legal papers to protect you, keep them with you at all times.
 - Tell neighbors, friends, landlords or coworkers that your partner no longer lives with you. Keep a safety plan for coming and going, and share it with people you trust. Teach your children about the safety plan.

24-Hour Crisis Lines:

Davenport, Iowa:
563-326-9191

Moline, Illinois:
309-797-1777

Muscatine, Iowa:
563-263-8080

**National
Domestic Violence Hotline**
800-799-SAFE (7233)
800-787-3224 (TTY)

Services are free and confidential

We accept collect calls