

Get Help Now!

Pahrump - 775-751-1118
Tollfree Hotline - 1-888-882-2873
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Personal Safety Guide

Remember, Leaving your abuser is the most dangerous time.

Safety Prior to a Violent Incident

- * Keep the hotline phone number close at hand and keep some change or a calling card with you at all times for emergency calls.
- * Identify which doors, windows elevator or stairwell would be best. Practice how to get out of your home safely.
- * Decide and plan for where you will go if you have to leave home (even if you don't think you will need to.)
- * Identify one or more neighbors you can tell about the violence and ask that they call the sheriff if they hear a disturbance coming from your home.
- * Devise a code word to use with your children, family, friends, and neighbors, when you need help.
- * If a violent episode seems unavoidable, try to move into a room or area where there is an exit. Try to stay away from the bathroom, kitchen, bedroom, or anywhere else where weapons might be available.
- * Use your own instincts and judgment. If the situation is very dangerous, protect yourself in the best way you can and then call the police as soon as possible. You have a right to protect yourself until you are out of danger.

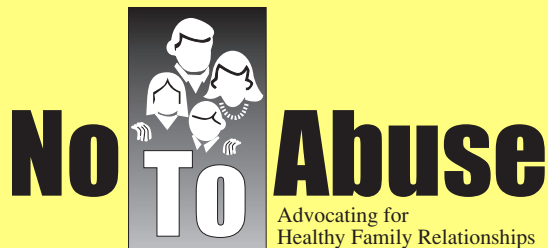
Safety with a Protective Order

- * Keep your protection order with you at all times. (When you change your purse, that should be the first thing that goes in it.) Give

- copies to NTA, a trusted neighbor, relative, friend and co-worker. Keep a copy in your car.
- * Call the police IMMEDIATELY if your partner breaks the protective order. DO NOT try to reason with your partner. Do not call, visit, or have a friend talk to the abuser named in the protection order. If you do, you are in violation of the order, and could go to jail...
- * Think of alternative ways to keep safe if the sheriff does not respond right away (i.e., learn self-defense measures, etc.)
- * Develop a supportive network of friends, family, and neighbors. Inform them that you have a protective order in effect, that your partner no longer lives with you, and that they should call the police if they see him near your home.

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 a picture of the abuser.
- * Devise a safety plan for when you leave work. Have someone escort you to your car or bus and wait with you until you are safely in route. Use a variety of routes to travel home, if possible. Think about what you would do if something happened while going home (i.e. in your car, etc.)
- * Notify agencies which have access to your home address that they are not to give your home address or phone number to anyone; request that you be notified if anyone asks for that information.



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Your Safety and Emotional Health

- * If you are thinking of return to a potentially abusive situation, discuss other choice and alternatives with a No To Abuse advocate.
- * If you have to communicate with your partner for reasons such as child visitation, determine the safest way to do so (i.e., meeting in a public place, meeting at the No To Abuse office, etc.).
- * Plan to attend a women's or victim's support group to gain support from others and learn more about yourself and relationships.
- * Decide who you can call or talk to freely and openly to give you the support you need. No To Abuse advocates are always available.
- * Develop positive thoughts about yourself and practice being assertive with others about your needs. Read books, articles and poems to help you feel stronger.

Steps to Take Before Leaving

- * Pack a bag and keep it at a trusted relative's or friend's home or here at No To Abuse. The bag should contain items such as money, and extra set of keys, copies of important documents, extra medicines, and clothes.
- * Determine who would be able to let you stay with them or lend you some money.
- * Open a savings account and/or a credit card in your own name to establish or increase your independence. Think of other ways through which you can increase your independence.
- * Call No To Abuse for further information, resources, other safety precautions, and/or legal protective measures.
- * Update your safety plan as often as possible in order to plan the safest way to leave your abuser. Keep a journal of the abusive incidents.

Safety After Separating

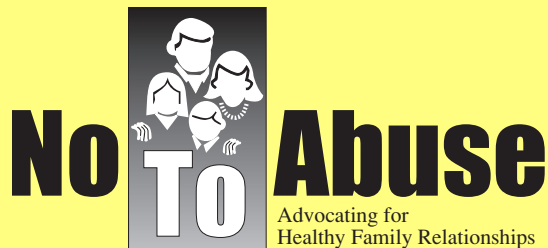
- * Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- * Arrange to have an answering machine, caller ID, or a trusted friend or relative screen your calls, if possible.
- * Discuss safety with your children for those times when they are not with you (i.e. calling 911, not opening the door to the abuser.)
- * Inform your children's school, day care, etc., in writing, about who has permission to pick up your children. Provide the school a copy of any protection order in force.
- * Inform neighbors that your partner no longer lives with you and that they should call the police if they see him near your home.
- * **DO NOT OPEN THE DOOR TO YOUR ABUSER!**
Anytime safety is an issue, CALL 911

Internet Safety

If an abuser can access your computer, they can find out what Web sites you have visited, what documents you have edited, what e-mail you have sent, etc. Follow the steps below to remove these traces. Even better, use a friend's computer, a computer at work, or one at the library instead of your home computer.

There are various applications now available that are used through a Web browser and therefore don't store data on the computer you are using. These are very convenient if you are using someone else's computer, and safer to use from your home computer. Here are some examples:

- * E-mail - E-mail programs like Outlook Express, Netscape Mail and Eudora can be accessed by an abuser if they have physical access to your computer. They will be able to read your



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incoming and outgoing mail. A better approach is to use a Web-based e-mail service. Many Web sites offer Web-based e-mail for free. You can access your e-mail from any computer that has Internet access, and no information is stored on that computer. Some good Web-based e-mail services are Yahoo Mail, Hotmail, and Excite Mail.

- * File Storage - You can now store your files on the Internet and use them from any computer. Some of the sites that offer this are Free-Online-Storage, Freeback and Briefcase

How To Remove Traces From Your Computer

Web Browser History

Web browsers keep a running history of the Web pages you have visited and keep copies of the graphics on these pages. Also, Windows and Macintosh systems keep a history of the Web pages and documents you have recently accessed. Perform the following steps to get rid of history:

A. Delete your document history as follows:

Windows

Click on the Start menu, then select Settings, Taskbar and Start Menu. This will bring up the Taskbar Properties dialog. Click on the Advanced tab on the dialog box. Click on the Clear button.

B. Delete your Web browser's history and saved graphics as follows:

Microsoft Internet Explorer

Click on the Tools menu, then click on Internet Options. A dialog box will come up. Click the Delete Files button in the Temporary

Internet files area. Click OK when the confirmation box comes up.

Click the Clear History button.
Netscape Navigator

Click on the Edit menu, then click on Preferences. A dialog box will come up.

Click the Clear History button.

Click the Clear Location Bar button.

In the Category: panel on the left side of the dialog box, click the little next to Advanced. Click on Cache.

In the Cache panel on the right, click the Clear Disk Cache button. Click OK when the confirmation box comes up.

On older versions of Netscape Navigator (version 3 and below):

Click on the Options menu, then click on Network Preferences. A dialog box will come up.

Click on the Cache tab.

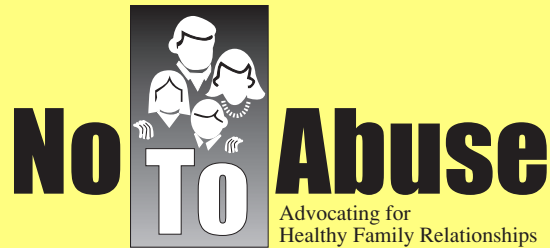
In the Cache panel on the right, click the Clear Disk Cache button. Click OK when the confirmation box comes up.

AOL

Click on the Members menu, click on Preferences.

Click on the WWW icon.

Select Advanced and then Purge Cache.



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These steps empty the history list completely, which might raise the suspicions of a computer-savvy abuser. You can refill the history list by simply going to some innocuous sites like www.cnn.com and www.yahoo.com after you have followed the above steps.

Editing Documents

Be sure not to store documents that you don't want seen on a computer that your abuser has access to (use these Internet services to store documents). If you use a computer to edit confidential documents be sure to:

Clear Document History on applications like Microsoft Word and Excel. These applications keep a history of the most recent documents opened. You can see them at the bottom of the File menu. The easiest way to clear this history is to open several innocuous documents so that the confidential document names are pushed off the menu. Another way to do this is to click on the Tools menu, click on Options or Preferences, click on the General tab of the dialog box that comes up, then click the Clear History button.

Delete your document history (see above).

Empty your Recycle/Trash bin.