



COMMUNITY ~ AWARENESS ~ RESPECT ~ EMPOWERMENT

Educating and empowering our community to live a healthy non-violent lifestyle that strengthens spirit for future generations.

Confidential, culturally-specific services  
541-444-9679/541-272-7978

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## CREATING A DOMESTIC VIOLENCE SAFETY PLAN

If you or a loved one are in an abusive relationship, a safety plan can make it easier to leave that situation. Here are some tips for helping to develop your safety plan. If you are in an abusive relationship and need assistance, please contact the CARE Program at 541-444-9679.

### SAFETY DURING AN EXPLOSIVE INCIDENT

**Go to an area that has an exit.** Not a bathroom (near hard surfaces), kitchen (knives), or near other weapons. If possible, stay in a room with a phone.

**Know your escape route.** Practice how to get out of your home safely. Visualize your escape route.

**Have a packed bag ready.** Keep it hidden in a handy place in order to leave quickly, or leave the bag elsewhere if the abuser searches your home.

**Devise a code word or signal.** Tell your children, family, friends and neighbors so you can communicate to them that you need the police.

**Know where you're going.** Plan where you will go if you have to leave home, even if you don't think you'll need to.

**Trust your judgment.** Consider what will keep you safe and give you time to figure out what to do next. Sometimes it is best to flee. If the situation is very dangerous, consider giving the abuser what he/she wants to calm him/her down.

### SAFETY WHEN PREPARING TO LEAVE

**Have a safe place to stay.** Make sure it is a place that can

protect you and your children. Make arrangements for your pets if possible.

**Call a domestic violence victim service program.** Find out which services and shelters are available as options if you need them. Keep their address and phone number close at hand at all times.

**Find someone you trust.** Leave money, extra keys, copies of important documents and clothing with them in advance, so you can leave quickly, if necessary.

**Open a savings account/credit card.** Put it in your name only, to increase your independence. Consider direct deposit from your paycheck or benefit check.

**Review your safety plan.** Study and check your plans as often as possible in order to know the safest way to leave the abuser.

**Tell schools and childcare.** Let them know who has permission to pick up the children and give them your code word. Provide a picture of the abuser if possible.

### SAFETY AND EMOTIONAL HEALTH

**Get support.** Attend a women's or victim's support group to gain support from others and learn more about yourself and the relationship with the abuser.

**Do what is safe for you.** If you have to communicate with the abuser, arrange to do so in the way that makes you feel safe whether by phone, mail or in the company of another person.



### 2nd Annual SAAM 5K

Planning has begun for the 2nd Annual SAAM (Sexual Assault Awareness Month) 5K Run/Walk, which will be held on Saturday, April 26th. Registration will begin in early March. Registration information can be found on the CARE Program's Facebook page or by searching "2nd Annual SAAM 5K" on Eventbrite.com. Proceeds support CARE Program clients and activities.

The CARE Program is seeking sponsors for the event— if your business is interested in sponsoring the SAAM 5K, contact Brittany at 541-444-9679. There are a variety of sponsorship levels available.

### Coming Up

March 6th—SVS Family Night

March 20th—SARRC  
(1-2:30pm, Siletz Community Health Clinic)

March 24th—Spring Break activity (movie & snacks at Tribal Community Center)