

## EMS Family Violence Screening Protocols Safety Plan



Provided by:  
Norwich Township Fire Department

Information Prepared by:  
Columbus Coalition Against Family Violence  
Central Ohio Trauma System

### Safety Measures While In An Abusive Relationship

1. Memorize phone numbers of friends or family members to call in an emergency.
2. Develop a safety plan and keep it hidden from the batterer.
3. Open your own bank account or start a hidden emergency fund.
4. Stay in touch with friends.
5. Rehearse your escape plan until you and your children know it by heart.
6. Devise a code word to use with children, family, friends & neighbors when you need help from the police.
7. Know where you can go if you need to leave home quickly.
8. Teach your child(ren) how to dial 9-1-1.

### Safety Measures After You Have Left The Relationship

1. Change the locks if you remain in your home and the batterer has left.
2. Install as many security features in your home as possible. This may include peepholes, deadbolt locks, a security system, outside lights, smoke detectors, fire extinguishers and getting a dog.
3. Inform your neighbors that the batterer no longer lives with you. Ask them to call law enforcement if they see the batterer or suspicious activity around your house.
4. Obtain a protection order. Keep a copy of the order with you at all times. Take a copy to your neighborhood police station so they are aware of the situation.
5. Make sure that your child's teacher(s), principal, day care provider(s) know who has permission to pick up your child(ren). Ask them to call law enforcement if your partner or someone else attempts to pick them up. Give a copy of your protection order to the school, daycare, babysitter, etc.
6. Teach your children how to make a collect call if your partner should abduct them.
7. Teach your children how to call 911 if you (or they) are being abused.
8. Let your supervisor and co-workers know about the situation and to warn you if they see anything suspicious. Give a copy of your protection order to your employer.
9. Most important...Get counseling! You can attend workshops or join support groups. Do whatever you need to form a supportive network. Remember the abuse is NOT your fault!

Many of these items can be hidden in a safe place ahead of time.

**Personal Safety Plan**

**KEEP THIS INFORMATION IN A SAFE PLACE WHERE THE BATTERER CANNOT FIND IT!**

**1. Important phone numbers:**

**Police / Fire / EMS: 911**

**Adult Protective Services 462-4348 (M-F 9 a.m.-5 p.m.);  
462-4356 (voice mail evenings/ weekends)**

**Buckeye Region Anti-violence Organization (BRAVO) 1-  
866-86-BRAVO**

**CHOICES Domestic Violence Hotline  
614-224-4663**

**CHOICES Domestic Violence Shelter  
614-224-4663**

**FirstLink Hotline (A Community Referral Agency for  
Franklin County) 614-221-CALL**

**Franklin County Children Services  
614-229-7000**

**National Domestic Violence Hotline  
1-800-799-7233**

**Ohio Domestic Violence Network 24-Hour Information Line  
1-800-934-9840**

**Columbus City Prosecutor's Office  
1-614-645-6232**

**My attorney \_\_\_\_\_  
Phone \_\_\_\_\_**

**Suicide Prevention Hotline 614-221-5445**

**Columbus Area Rape Treatment Center  
614-267-7020**

**Other: \_\_\_\_\_**

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**2. I can call these friends or relatives in an emergency:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**3. These neighbors will call the police if they hear something suspicious:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**4. I can go to these places if I have to leave my home in a hurry:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**5. Items to Take when Leaving:**

- |  |                          |
|--|--------------------------|
| My birth certificate                         | Insurance papers         |
| My children's birth certificates             | Important phone numbers  |
| My social security card                      | Keys to car, house, etc. |
| Bank account information                     | Extra money              |
| Welfare identification                       | Medications              |
| Driver's license or State ID                 | Passports or green cards |
| Extra change of clothes for my children & me |                          |

**Many of these items can be hidden in a safe place ahead of time.**