



YOUR GUIDE TO VICTIM SERVICES

FRISCO POLICE DEPARTMENT VICTIM ASSISTANCE UNIT

7200 STONEBROOK PKWY
FRISCO, TX 75034

VICTIMSASSISTANCE@FRISCOTEXAS.GOV
972.292.6262
WWW.FRISCPD.COM

OFFICER NAME _____

SERVICE NUMBER _____

TABLE OF CONTENTS

Important Contacts	2
Victim Assistance Services	3
Victim Information and Notification	3
Rights of Crime Victims	4-8
Investigation and Prosecution Diagram	9
Crime Victim Compensation	10-11
Pseudonyms	12
Notice to Adult Victims of Family Violence	12
Orders of Protection	13-14
Abusive Behaviors	15
Safety Planning	16-17

IMPORTANT CONTACTS

DISTRICT ATTORNEY

Collin County DA's Office	972.548.4323
2100 Bloomdale Road, McKinney, TX 75071	
Denton County DA's Office	940.349.2600
Carroll Courts Building	
1450 E. McKinney, Denton, TX 76201	

RESOURCES

CHETNA	888.924.3862
Child and Family Guidance Center	214.351.3490
Children's Advocacy Center of Collin County	972.633.6600
Children's Advocacy Center of Denton County	972.317.2818
Denton County Friends of the Family Shelter (Emergency Shelter, Relationship and Sexual Assault)	800.572.4031
Hope's Door New Beginnings (Family Violence Shelter and 24-hour hotline)	972.276.0057
Journey of Hope Friend Support Center	972.964.1600
LASSA (Legal Aid for Survivors of Sexual Assault)	800.991.5153
Legal Aid of Northwest Texas	972.542.9405
LifePath Systems (Mental Health and Substance Abuse)	972.422.5939
Mosaic Family Services (Domestic Violence and Human Trafficking)	214.821.5393
Texas Muslim Women's Foundation	972.880.4192
The Family Place (Relationship Violence)	214.941.1991
The Turning Point Rape Crisis Center	800.886.7273

JAILS

Frisco Detention Facility	972.292.6001
7200 Stonebrook Parkway, Frisco, TX 75034	
Collin County Jail	972.547.5200
4300 Community Avenue, McKinney, TX 75071	
Denton County Jail	940.349.1700
127 N. Woodrow Lane, Denton, TX 76204	

MEDICAL SERVICES

All Emergencies	9-1-1
Baylor Scott and White – Frisco	214.407.5000
Baylor Scott and White Medical Center – Centennial Frisco	469.764.8000
Baylor Scott and White Medical Center – McKinney	469.814.2000
Baylor Scott and White Medical Center – Plano	972.962.3333
Medical City Frisco	972.991.9504
Medical City McKinney	972.596.6800
Medical City Plano	972.547.8000
Texas Health Hospital Denton	940.898.7000
Texas Health Hospital Frisco	469.495.2000
Texas Health Hospital Plano	972.981.8000

VICTIM ASSISTANCE SERVICES

This brochure is provided to assist you in understanding the criminal justice process and obtaining services.

The Victim Assistance Program has been implemented to aid crime victims and their families. Services provided include:

- ▶ Crisis counseling/short-term counseling to victims and their families
- ▶ Criminal Justice Support – criminal justice system information – referral to assigned detective – status of case information – arrest notification – court accompaniment – assistance with a protective order
- ▶ Information and referral to local social service providers
- ▶ Notification and assistance in filing for Crime Victims' Compensation
- ▶ Assistance with evidence return
- ▶ Personal advocacy
- ▶ Training for police officers, community groups and other agencies.

VINE Victim Information and Notification Everyday

(For offenders held in County jail)

Call VINE 24 hours a day for information on county jail status and court events. Make Texas VINE part of your safety plan. The suspect/offender will not know you are registered with Texas VINE. However, do not depend only on Texas VINE, or any single program, for your protection. Toll free 877-894- 8463.

IVSS Integrated Victim Services System

(For offenders held in a Texas Department of Criminal Justice prison)

If an offender is transferred to the Texas Department of Criminal Justice (post-conviction, State jail custody), it is important to then register with IVSS. Those currently registered with VINE at the County level, WON'T be automatically registered with IVSS when the offender transfers to TDCJ custody. IVSS provides 24/7 access to limited offender information and ability to update contact information, from any device with internet access. The public portal can be accessed at <https://ivss.tdcj.texas.gov>. TDCJ Victim Services Division staff can also be reached at (800) 848-4284 or victim.svc@tdcj.texas.gov.

RIGHTS OF CRIME VICTIMS

As defined by Article 56A.001 of the Texas Criminal Code of Procedure:

“Victim” means a person who has suffered personal injury or death as a result of the criminal conduct of another, and who has been the victim of a sexual assault, kidnapping, aggravated robbery, trafficking of persons, or injury to a child, elderly individual, or disabled individual.

“Guardian of a victim” means a person who is the legal guardian of the victim, regardless of whether the legal relationship between the guardian and victim exists because of the age of the victim or the physical or mental incompetency of the victim.

“Close relative of a deceased victim” means a person who was the spouse of a deceased victim at the time of the victim's death, or is a parent or adult brother, sister, or child of a deceased victim.

Per Article 56A.051 of the Texas Code of Criminal Procedure, a victim, guardian of a victim, or close relative of a deceased victim is entitled to the following rights within the criminal justice system:

- ▶ The right to receive from a law enforcement agency adequate protection from harm and threats of harm arising from cooperation with prosecution efforts;
- ▶ The right to have the magistrate consider the safety of the victim or the victim's family in setting the amount of bail for the defendant;
- ▶ If requested, the right to be informed by the attorney representing the state of relevant court proceedings, including appellate proceedings, and to be informed if those proceedings have been canceled or rescheduled before the event; and by an appellate court of the court's decisions, after the decisions are entered but before the decisions are made public;
- ▶ When requested, the right to be informed by a peace officer concerning the defendant's right to bail and the procedures in criminal investigations; and by the office of the attorney representing the state concerning the general procedures in the criminal justice system, including general procedures in guilty plea negotiations and arrangements, restitution, and the appeals and parole process;
- ▶ The right to provide pertinent information to a community supervision and corrections department conducting a presentencing investigation concerning the impact of the offense on the victim and the victim's family by testimony, written statement, or any other manner before any sentencing of the defendant;
- ▶ The right to receive information regarding compensation to victims of crime as provided by Chapter 56B, including information related to the costs that may be compensated under that chapter and the amount of compensation, eligibility for compensation, and procedures for application for compensation under that chapter, the payment for a forensic medical examination under Article 56A.252 for a victim of an alleged sexual assault, and when requested, to referral to available social service agencies that may offer additional assistance;

RIGHTS OF CRIME VICTIMS

- ▶ The right to be informed, on request, of parole procedures; participate in the parole process; provide to the board for inclusion in the defendant's file information to be considered by the board before the parole of any defendant convicted of any offense subject to this chapter; and be notified, if requested, of parole proceedings concerning a defendant in the victim's case and of the defendant's release;
- ▶ The right to be provided with a waiting area, separate or secure from other witnesses, including the defendant and relatives of the defendant, before testifying in any proceeding concerning the defendant; if a separate waiting area is not available, other safeguards should be taken to minimize the victim's contact with the defendant and the defendant's relatives and witnesses, before and during court proceedings;
- ▶ The right to the prompt return of any of the victim's property that is held by a law enforcement agency or the attorney representing the state as evidence when the property is no longer required for that purpose;
- ▶ The right to have the attorney representing the state notify the victim's employer, if requested, that the victim's cooperation and testimony is necessary in a proceeding that may require the victim to be absent from work for good cause;
- ▶ The right to request victim-offender mediation coordinated by the victim services division of the department;
- ▶ The right to be informed of the uses of a victim impact statement and the statement's purpose in the criminal justice system as described by Subchapter D, to complete the victim impact statement, and to have the victim impact statement considered by the attorney representing the state and the judge before sentencing or before a plea bargain agreement is accepted; and by the board before a defendant is released on parole;
- ▶ For a victim of an assault or sexual assault who is younger than 17 years of age or whose case involves family violence, as defined by Section 71.004, Family Code, the right to have the court consider the impact on the victim of a continuance requested by the defendant; if requested by the attorney representing the state or by the defendant's attorney, the court shall state on the record the reason for granting or denying the continuance; and
- ▶ If the offense is a capital felony, the right to receive by mail from the court a written explanation of defense-initiated victim outreach if the court has authorized expenditures for a defense-initiated victim outreach specialist; not be contacted by the victim outreach specialist unless the victim, guardian, or relative has consented to the contact by providing a written notice to the court; and designate a victim service provider to receive all communications from a victim outreach specialist acting on behalf of any person.

RIGHTS OF CRIME VICTIMS

Per Art. 56A.052(a) of the Texas Code of Criminal Procedure, if the offense is a sexual assault, a victim, guardian of a victim, or close relative of a deceased victim is entitled to the following rights within the criminal justice system:

- ▶ if requested, the right to a disclosure of information regarding any evidence that was collected during the investigation of the offense, unless disclosing the information would interfere with the investigation or prosecution of the offense, in which event the victim, guardian, or relative shall be informed of the estimated date on which that information is expected to be disclosed; and the status of any analysis being performed of any evidence described herein;
- ▶ if requested, the right to be notified at the time a request is submitted to a crime laboratory to process and analyze any evidence that was collected during the investigation of the offense; at the time of the submission of a request to compare any biological evidence collected during the investigation of the offense with DNA profiles maintained in a state or federal DNA database; and of the results of the comparison described herein, unless disclosing the results would interfere with the investigation or prosecution of the offense, in which event the victim, guardian, or relative shall be informed of the estimated date on which those results are expected to be disclosed;
- ▶ if requested, the right to counseling regarding acquired immune deficiency syndrome (AIDS) and human immunodeficiency virus (HIV) infection; and
- ▶ for the victim, the right to testing for acquired immune deficiency syndrome (AIDS), human immunodeficiency virus (HIV) infection, antibodies to HIV, or infection with any other probable causative agent of AIDS; and a forensic medical examination to the extent provided by Subchapters F and G if, within 120 hours of the offense: the offense is reported to a law enforcement agency; or a forensic medical examination is otherwise conducted at a health care facility.

Article 56A.052(b) and (c) of the Texas Code of Criminal Procedure states that a victim, guardian of a victim, or close relative of a deceased victim who requests to be notified (as described above) must provide a current address and phone number to the attorney representing the state and the law enforcement agency that is investigating the offense. The victim, guardian, or relative must inform the attorney representing the state and the law enforcement agency of any change in the address or phone number. A victim, guardian of a victim, or close relative of a deceased victim may designate a person, including an entity that provides services to victims of sexual assault, to receive any notice requested.

RIGHTS OF CRIME VICTIMS

Per Art. 56A.052(d) of the Texas Code of Criminal Procedure, a victim of Trafficking of Persons, Continuous Trafficking of Persons, Continuous Sexual Abuse of a Young Child or Children, Indecency with a Child, Sexual Assault, Aggravated Sexual Assault, Stalking, or Compelling, or a parent or guardian of the victim, if the victim is younger than 18 years of age or an adult ward, is entitled to the following rights within the criminal justice system:

- ▶ The right to be informed that the victim or, if the victim is younger than 18 years of age or an adult ward, the victim's parent or guardian or another adult acting on the victim's behalf, as applicable, may file an application for a protective order under Article 7B.001; of the court in which the application for a protective order may be filed; [and] that, on request of the victim or, if the victim is younger than 18 years of age or an adult ward, on request of the victim's parent or guardian or another adult acting on the victim's behalf, [as applicable, and subject to the Texas Disciplinary Rules of Professional Conduct,] the attorney representing the state may, subject to the Texas Disciplinary Rules of Professional Conduct, file the application for a protective order on behalf of the requestor [victim]; and that, subject to the Texas Disciplinary Rules of Professional Conduct, the attorney representing the state generally is required to file the application for a protective order with respect to the victim if the defendant is convicted of or placed on deferred adjudication community supervision for the offense;
- ▶ The right to request that the attorney representing the state, subject to the Texas Disciplinary Rules of Professional Conduct, file an application for a protective order described by Subdivision (1); and be notified when the attorney representing the state files an application for a protective order under Article 7B.001;
- ▶ If the victim or the victim's parent or guardian, as applicable, is present when the defendant is convicted or placed on deferred adjudication community supervision, the right to be given by the court the information described by Subdivision (1); and file an application for a protective order under Article 7B.001 immediately following the defendant's conviction or placement on deferred adjudication community supervision if the court has jurisdiction over the application; and
- ▶ If the victim or the victim's parent or guardian, as applicable, is not present when the defendant is convicted or placed on deferred adjudication community supervision, the right to be given by the attorney representing the state the information described by Subdivision (1).

RIGHTS OF CRIME VICTIMS

Per Art. 56A.052(e) of the Texas Code of Criminal Procedure, a victim of Trafficking of Persons, Continuous Trafficking of Persons, or Compelling Prostitution, or a parent or guardian of the victim, if the victim is younger than 18 years of age or an adult ward, is entitled to be informed that the victim may petition for an order of nondisclosure of criminal history record information under Section 411.0728, Government Code, if the victim:

- ▶ Has been convicted of or placed on deferred adjudication community supervision for an offense described by Subsection (a)(1) of that section; and
- ▶ Committed that offense solely as a victim of an offense under Section 20A.02, 20A.03, or 43.05, Penal Code.

Article 56A.053 of the Texas Code of Criminal Procedure:

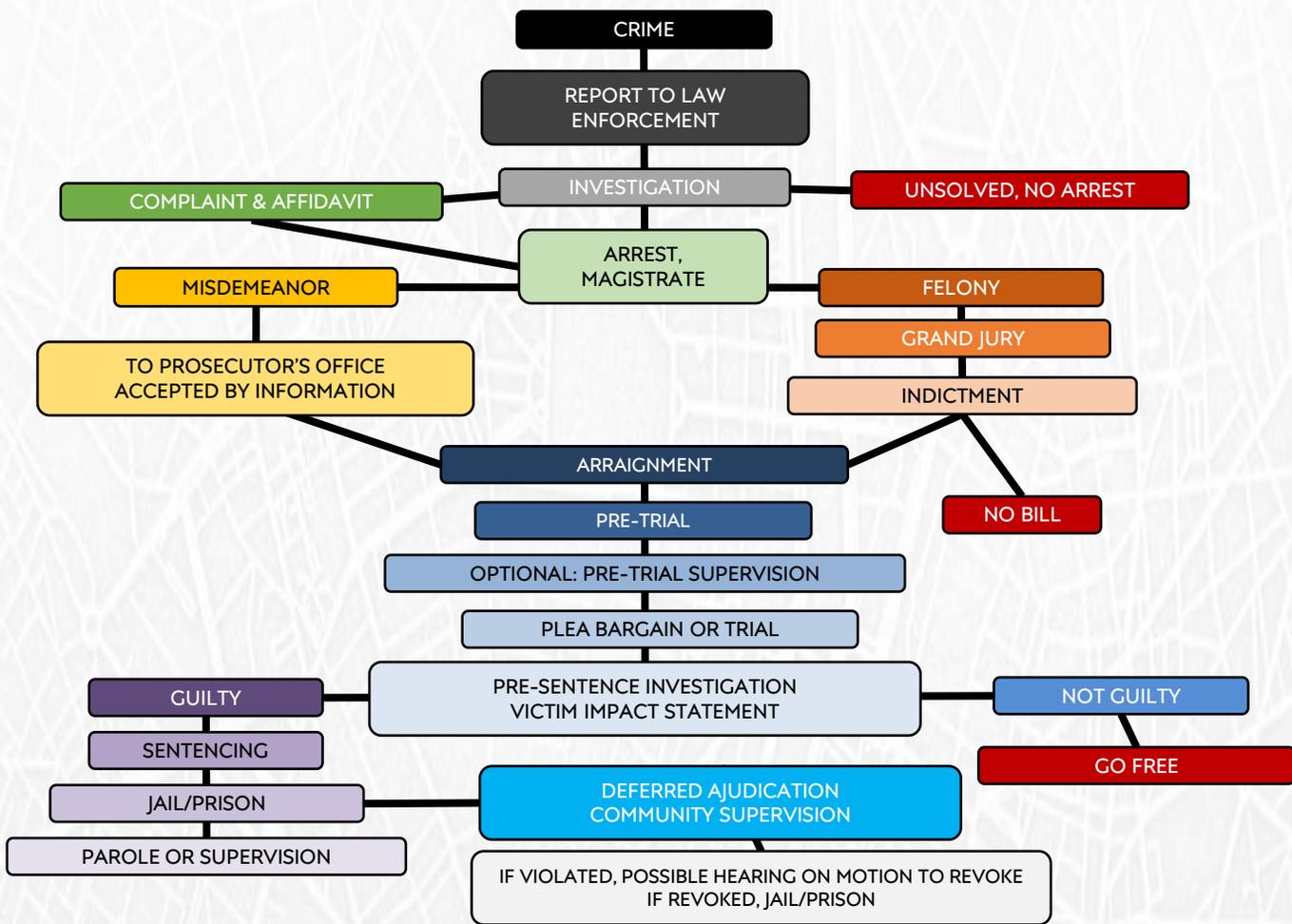
- ▶ Stipulates that a judge, attorney representing the state, peace officer, or law enforcement agency is not liable for a failure or inability to provide a right granted herein.

Art. 56A.3515 of the Texas Code of Criminal Procedure:

- ▶ Requires a peace officer conducting the interview of a victim reporting a sexual assault, other than a victim who is a minor, to offer the victim the opportunity to have an advocate from a sexual assault program present during the interview.

Requires a peace officer conducting the interview to offer the victim the opportunity to have a crime victim liaison from the law enforcement agency, a peace officer who has completed a sexual assault training program, or a victim's assistance counselor from a state or local agency or other entity be present with the victim during the interview.

- ▶ Authorizes an advocate, liaison, officer, or counselor authorized to be present during an interview and provide the victim with:
 - ~ counseling and support services; and
 - ~ information regarding the rights of crime victims as found in Art 56A.051 CCP
- ▶ Prohibits the advocate, liaison, officer, or counselor and the sexual assault program or other entity providing the advocate, liaison, officer, or counselor from delaying or otherwise impeding the interview process.
- ▶ Requires a sexual assault program providing an advocate described above to pay all costs associated with providing the advocate; or requires an entity providing a victim's assistance counselor described above to pay all costs associated with providing the counselor.
- ▶ Provides that a peace officer or law enforcement agency that provides an advocate, liaison, officer, or counselor with access to a victim reporting a sexual assault is not subject to civil or criminal liability for providing that access.



COMPLAINT & AFFIDAVIT	Formal allegation and sworn statement by victims and witnesses as to what happened. Possibility that complaint may not be accepted, and no further charges will be pursued by the State.
MAGISTRATE	Official with limited judicial authority. Decides if there appears to be enough evidence (probable cause) to continue to detain an accused and/or set bond amount.
GRAND JURY	Jury which decides if there appears to be enough evidence to indict (formally charge) the accused of a felony offense.
INDICTMENT	Formal charging document handed down by the Grand Jury charging the accused with the offense.
NO BILL	Decision that there is not enough evidence to make an indictment.
ARRAIGNMENT	Defendant brought before court, advised of charges and rights, bail set if applicable (bail is an amount of money set by the court that if the defendant can pay it, enables the defendant to get out of jail while waiting to go to trial); and lawyer for the defendant is appointed, if applicable.
PRE-TRIAL	A court hearing, taking place before the trial, to make certain decisions relating to the trial.
PRE-TRIAL SUPERVISION	In some instances, the court may place the defendant under supervision of the Community Supervision and Corrections Department (adult probation department) or another appropriate agency while awaiting trial. Specific conditions are assigned which must be followed by the defendant.
PLEA BARGAIN	An agreement between the prosecution and the defense as to what punishment will be entered against the accused. If the judge agrees with the arranged plea bargain, there is no trial.
PRE-SENTENCE	A pre-sentence investigation report (PSI) may be prepared before plea bargaining or before sentencing following a trial. The PSI provides information about the offender, the crime committed and the impact of the crime on the victim(s). You provide information to a community supervision officer about how the crime has affected you.
VICTIM IMPACT STATEMENT	A Victim Impact Statement (VIS) can be made in person in front of a defendant after sentencing has been imposed in open court. This is your opportunity to speak to the defendant about the impact of what has happened to you. If the offender is later sent to prison and considered for parole, your VIS will be considered then too. Contact the prosecuting attorney.
DEFERRED ADJUDICATION	A defendant may be placed under supervision and required to complete certain conditions are met, the charges against the defendant are dismissed.
PAROLE	Early release from prison with supervision. Decision is made by parole board members.
MANDATORY RELEASE	Required early release from prison with supervision. Most sentences have a period of time that when served, the inmate must be released with supervision.
COMMUNITY SUPERVISION	Commonly referred to as probation. A defendant is required to complete certain conditions within a specified amount of time and if successfully completed a defendant will not have to serve any time in jail/prison. Failure to complete conditions can result in the defendant being sentenced to serve time in jail/prison. In some circumstances, a defendant can be ordered to serve a period of time in jail as a condition of being given community supervision.

CRIME VICTIMS' COMPENSATION

*Code of Criminal Procedure, Texas Crime Victims' Compensation Act,
Chapter 56B, Subchapter B*

PURPOSE: To compensate residents of the United States who suffer personal injury or death as the result of a violent crime, including DWI, Failure to Stop and Render Aid, and certain other vehicular crimes.

ADMINISTERED BY: The Attorney General's Office, Crime victims' Compensation Division, Austin, Texas

Crime Victims' Compensation
P.O. Box 12198 Austin, TX 78711-2198
www.oag.state.tx.us
(800) 983-9933

Crime Victims' Compensation is available to pay the amount of expense reasonably and necessarily incurred for:

- ▶ Medical, counseling, prescription and rehabilitative services;
- ▶ Partial loss of earnings, because of a disability resulting from personal injury;
- ▶ Child Care for minor children to enable a victim or spouse of a deceased victim to continue employment;
- ▶ Certain funeral and burial expenses
- ▶ Reasonable costs associated with crime scene cleanup;
- ▶ Reasonable replacement costs for clothing or bedding taken as evidence or made unusable as a result of the criminal investigation.

**Reimbursement for property damage or loss is not an eligible expense.*

CRIME VICTIMS' COMPENSATION

In order to qualify for Crime Victims' Compensation:

1. The crime must be reported to law enforcement within 72 hours of the commission of the crime unless there are justified extraordinary circumstances.
2. Claim must be filed within one year unless good cause can be shown as to why the claim was not filed.
3. The victim must cooperate with law enforcement and prosecution efforts.
4. The victim must be the innocent victim of a violent crime who suffers personal injury.

Per Art. 56B.051 of the Texas Code of Criminal Procedure, an applicant for compensation under this chapter must apply in writing on a form prescribed by the attorney general. An application for compensation under this chapter must be verified and contain:

- ▶ the date on which the criminally injurious conduct occurred;
- ▶ a description of the nature and circumstances of the criminally injurious conduct;
- ▶ a complete financial statement, including:
 - ~ the cost of medical care or burial expenses and the loss of wages or support the claimant or victim has incurred or will incur; and
 - ~ the extent to which the claimant or victim has been indemnified for the expenses under Paragraph (A) from a collateral source;
 - ≈ a statement indicating the extent of any disability resulting from the injury incurred;
 - ≈ an authorization permitting the attorney general to verify the contents of the application; and
 - ≈ any other information the attorney general requires.

Crime Victim's Compensation is the "payor of last resort".

The Crime Victim Assistance Program can assist you in applying for benefits from Crime Victims' Compensation (CVC). Upon request, we will provide you with the claim form, will send the claim form and required documentation to CVC, and notify service providers that a claim has been applied for and is pending. Please allow us to assist you in obtaining these benefits if you feel you may qualify.

PSEUDONYMS

A victim of sexual assault, family violence, stalking, or human trafficking may choose a pseudonym to be used instead of the victim's name to designate the victim in all public files and records concerning the offense, including police summary reports, press releases, and records of judicial proceedings. A victim who elects to use a pseudonym as provided by this article must complete a pseudonym form developed under this article and return the form to the law enforcement agency investigating the offense.

A completed and returned pseudonym form is confidential and not be disclosed to any person other than a defendant in the case or the defendant's attorney, except on an order of a court of competent jurisdiction. The court finding required by subsection (g) of this article is not required to disclose the confidential pseudonym form to the defendant in the case or to the defendant's attorney.

NOTICE TO ADULT VICTIMS OF FAMILY VIOLENCE

It is a crime for any person to cause you physical injury or harm, even if that person is a member or former member of your family or household.

Please tell the investigating peace officer:

1. If you, your child, or any other household resident has been injured; or
2. If you feel the threat or danger will continue once the officer leaves.
3. You have the right to:
 - a. ASK the local prosecutor to file a criminal complaint against the person committing family violence; and
 - b. APPLY to a court for an order to protect you (you should consult a legal aid office, prosecuting attorney, or a private attorney). You cannot be charged a fee by a court in connection with filing, serving, or entering a protective order. For example, the court can enter an order that:
 - i. The abuser not commit further acts of violence; the abuser not threaten, harass, or contact you;
 - ii. Directs the abuser to leave your household; and
 - iii. Establishes temporary custody of the children and directs the abuser not to interfere with the children or property.

A violation of certain provisions of court-related protection such as (i) and (ii) above may be a felony.

ORDERS OF PROTECTION

EMERGENCY PROTECTIVE ORDER (EPO)

What is a Magistrate's Order for Emergency Protection?

If the abuser is arrested at the time of arraignment, the magistrate may grant an Order of Emergency Protection under his/her own motion or at the request of the victim, a guardian of the victim, a peace officer, or an attorney representing the State. The Order:

1. May contain items i, ii, and/or iii listed on page 13
2. Is in effect for 31 to 91 days
3. Supersedes any other court order that may be in place
4. Will be mandatory if there is serious bodily injury or if a weapon is used during the assault
5. Can be enforced by police if violated

PROTECTIVE ORDER

What is a Protective Order?

A Protective Order is issued by a family court, or you may obtain a Protective Order by filing an application with the District Attorney's office in the county in which you reside, the county where the offender resides, or the county where the offense occurred. If you are in the process of a divorce, your private attorney must assist you in obtaining a Protective Order. The Order:

1. May contain items i, ii, and/or iii listed on page 13
2. Is in effect for up to two years
3. Supersedes any other court order that may be in place.
4. Can be enforced by police if violated

ORDERS OF PROTECTION

WILL A PROTECTIVE ORDER PREVENT FAMILY VIOLENCE?

A Protective Order can deter violence and provide police and courts additional authority to intervene in family violence cases, but it is not a shield that truly stops the next violent act from occurring.

Most relationships become more dangerous and more violent over time, not less violent. If you feel you are in danger, please contact one of the resources listed in this brochure for further information about your options. No one deserves to be hurt.

To obtain a Protective Order from the District Attorney (of the county in which you reside) contact the number located on the front inside cover of this brochure.

PROCESS

You may apply for a protective order by going to the District Attorney's Office in the county which you reside or by going to Legal Aid in the County in which you reside. You must bring a valid ID and an address where the person the Order is against can be served.

You must be present for the court hearing. There is no application fee.

RESTRAINING ORDER

What is a Restraining Order?

A Restraining Order is a civil order issued against a non-family member (usually in conjunction with divorce proceedings) to prevent a person from engaging in certain behaviors, i.e., having contact with the complainant, going to certain places, etc. The Restraining Order is valid for the period specified on the Order and is not enforceable by the police.

ABUSIVE BEHAVIORS

Has your partner:

- ▶ Pushed, shoved, or held you against your will, kept you from leaving.
- ▶ Slapped, bit, kicked, choked, hit, punched, thrown things at you.
- ▶ Locked you out of the house, abandoned you in dangerous places.
- ▶ Refused to help you when you're sick, injured, or pregnant.
- ▶ Subjected you to reckless driving, forced you off the road.
- ▶ Threatened or hurt you with a weapon or object.
- ▶ Been jealously angry and accused you of having sex with others.
- ▶ Raped you or forced sex after an abusive incident.
- ▶ Ridiculed you, made fun of you, belittled you.
- ▶ Insulted you or driven away your friends/family, isolated you.
- ▶ Humiliated you in private or public.
- ▶ Punished or deprived kids when mad at you, abused pets.
- ▶ Kept you from working, controlled money.
- ▶ Continually criticized you, shouted at you or called you names.
- ▶ Ridiculed or insulted your beliefs, your religion, or race.
- ▶ Manipulated you with lies or contradictions.
- ▶ Threatened to hurt you, your family or take your kids away.

SAFETY PLANNING

Whether or not you feel able to leave an abuser, there are things you can do to make yourself and your family safer.

IN AN EMERGENCY

If you are at home and you are being threatened or attacked:

- ▶ Call 9-1-1 (or your local emergency number) right away for help; get the dispatcher's name
- ▶ Get to a room with a door or window to escape
- ▶ Get to a room with a phone to call for help; lock the abuser outside if you can
- ▶ Stay away from the kitchen (the abuser can find weapons, like knives, there)
- ▶ Stay away from bathrooms, closets or small spaces where the abuser can trap you.
- ▶ Think about a neighbor or friend you can run to for help
- ▶ If a police officer comes, tell him/her what happened; get his/her name & badge number
- ▶ Get medical help if you are hurt
- ▶ Take pictures of bruises or injuries
- ▶ Call a domestic violence program or shelter (some are listed here); ask them to help you make a safety plan

MAKE YOURSELF SAFER AT HOME

- ▶ Learn where to get help; memorize emergency phone numbers
- ▶ Keep a phone in a room you can lock from the inside or keep a cell phone with you at all times
- ▶ If the abuser has moved out, change the locks on your door and get locks to the windows
- ▶ Plan an escape route out of your home; teach it to your children

SAFETY PLANNING

MAKE YOUR CHILDREN SAFER

- ▶ Teach them not to get in the middle of a fight and to leave if a situation gets worse; pre-determine a safe place for them to go
- ▶ Teach them who to call for help, to call 9-1-1 in an emergency, and how to give their address and phone number to the police
- ▶ Establish a safe/code word so that when you say it, they know to start the safety plan and get help
- ▶ Tell them to stay out of the kitchen
- ▶ Give the principal at school or the daycare center a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser and make sure that the school knows not to give your address or phone number to ANYONE
- ▶ Make sure the children know who to tell at school if they see the abuser

MAKE YOURSELF SAFER AT WORK

- ▶ Keep a copy of your court order at work
- ▶ Give a picture of the abuser to security and friends at work
- ▶ Tell your supervisors – see if they can make it harder for the abuser to find you
- ▶ Don't go to lunch alone
- ▶ Ask a security guard to walk you to your car or the bus
- ▶ If the abuser calls you at work, save voice mail and save e-mail
- ▶ Your employer may be able to help you find community resources

YOU ARE NOT ALONE...GET HELP

**Are you blamed for the abuse you experience?
Does your partner promise the abuse will never happen again, BUT it continues?
Do you feel lonely with secrets of abuse?**

YOU ARE NOT ALONE.

Most violent relationships become more dangerous and more violent over time, not less violent. If you feel you are in danger, please contact one of the resources listed in this pamphlet for further information about your options.

NO ONE DESERVES TO BE HURT.

You've already taken the first step by reading this brochure....call and get help today.

**IF YOU ARE IN DANGER,
CALL 9-1-1**

OR CALL YOUR LOCAL POLICE EMERGENCY NUMBER

To find out about help in your area, call:

National Domestic Violence Hotline

**1-800-799-SAFE
1-800-787-3224 (TTY)**

Frisco Police Department

**9-1-1 (Emergency)
972.292.6010 (Non-emergency)
972.292.6262 (Victim Assistance)**