

ion building

blaming  
occur

Battering  
incident occurs

Phase 2: Acute battering

**VIOLENCE**

cycle are you?  
pattern in your relationship?



If you need to talk,  
we are here to help.

**Bexar County Family Justice Center**  
126 E. Nueva, 2nd Floor  
San Antonio, Texas 78204

Phone: (210) 631-0100  
Fax: (210) 631-0199

Website: [www.bcfjc.org](http://www.bcfjc.org)

Assisting  
Victims in their  
Journey from  
**Survivor to Thriver**



hope  
dignity  
strength  
& success

**Bexar County  
Family Justice Center**

Phase 1: Tens

Anger,  
and arguing

Phase 3: Honeymoon stage

Batterer asks for  
forgiveness; promises  
it won't happen again

**CYCLE OF**

Where in the  
Have you seen this

## MY SAFETY PLAN

[illegible]

## IMPORTANT NUMBERS

Police Emergency Number  
**9-1-1**

**Battered Women's Shelter**  
**(210) 733-8810**

**Texas Department of Family and Protective Services**  
**1-800-252-5400**

The Rape Crisis Center Hotline  
(210) 349-RAPE (7273)

Bexar County Criminal District Attorney's Office-  
Victim Assistance Division  
**(210) 335-2105**

**Bexar County Sheriff's Office**  
**(210) 335-6000**

Victim Information & Notification Everyday (VINE)  
1-877-894-8463

## SAFETY TIPS

No one deserves to be abused! If at any time you feel threatened or are being abused, dial 9-1-1 immediately! These tips have been designed to help you with your situation.

### Tip 1: Preparing for a violent incident

- When with the abuser, try to keep away from rooms containing dangerous objects, such as the kitchen or bathroom.
- Identify rooms with an exit. Know which doors, windows, elevators or stairwells to use.
- Keep a packed bag with a friend, a relative or a neighbor. Be sure to include copies of important documents.
- Tell one or more neighbors about the violence and ask them to call the police if they notice/hear a disturbance.
- Create a code word to use with your children, family, friends and neighbors when you need the police.
- Have a plan! Know where you will go if you decide to leave your home.

## Tip 2: Preparing to leave

- Get your own post office box.
- Open a checking/savings account in your name.
- Leave money, an extra set of keys, copies of important documents, extra clothes and/or medicine in a safe place or with someone you trust.
- Identify a friend or relative willing to provide a safe place for you and your children to stay or who can lend you money.
- Always keep with you important numbers and some change or a calling card for emergency phone calls.
- If you have pets, make arrangements for them to be cared for in a safe place.

### Tip 3: Safety with a Protective Order

- Always keep a copy of your protective order with you, including in your car, at work, at home and with close relatives.
- Inform family members, friends, and neighbors that you have a protective order in effect.
- Call the police if your abuser violates the protective order.
- Always have a backup plan you can use while waiting on the police to respond.
- Always ask for police report numbers after calling the police.

### Tip 4: Safety in your day to day life

- Keep all windows and doors locked.
- Develop a safety plan with your children.
- Inform your child(ren)'s school, day care, or anyone who cares for your children what individuals have permission to pick up your children.
- Inform neighbors if your abuser no longer lives with you and ask them to call the police should they see the abuser.
- Request to have your telephone number unlisted/unpublished.
- Never call the abuser from your home or tell him where you live.

### Tip 5: Safety on the job and in public

- Have someone with you at all times.
- Use a variety of routes to and from home each day.
- At work, inform management, a co-worker and security of your situation and if possible provide them with a picture of your abuser.
- If possible, make arrangements to have calls screened.

## CHECKLIST

Be sure to have the following items when you leave:

## Identification

- ❑ Driver's License
- ❑ Birth Certificate
- ❑ Child(ren)'s Birth Certificate(s)/Photos
- ❑ Social Security Cards
- ❑ Military ID Cards

## Financial

- ❑ Social Security Cards
- ❑ Money and/or Credit Cards (in your name)
- ❑ Checking and/or Savings Account Books
- ❑ Other identifying Financial Information
- ❑ Safe Deposit Box Key

## Legal Papers

- ❑ Protective Order
- ❑ Divorce/Custody Papers
- ❑ Marriage License
- ❑ Lease/Rental Agreement
- ❑ House Deed
- ❑ Car Registration and Insurance Papers
- ❑ Health and Life Insurance Papers
- ❑ Medical Records for you and your Children
- ❑ School Records
- ❑ Work permits/Green Card/Visa Passport

**Other**

- ❑ Medications
- ❑ House and Car keys
- ❑ Valuable Jewelry
- ❑ Address Book
- ❑ Change of clothes for you and your Children