

# SAFETY PLANNING

A safety plan is a personalized plan to stay safe while in a relationship, preparing to leave, leaving, and after leaving an abuser.

If you are in an abusive relationship, it is crucial to have a plan to keep you safe, whether you stay in the same location as the abuser or if you choose to leave.

## Before an attack

- Decide where you will go if you leave home, even if you do not think it will come to that. Will it be a shelter, a relative's house, or a friend's place?
- Pack a go bag and have it ready in case you need it.
- Identify which door/window/stairs are the quickest route out of your location.

## During an attack

- If an argument is unavoidable, move to the room where your predefined exit is.
- Defend and protect yourself. Scream loudly and continuously.
- Get away; if your go bag is not close, leave it and go.
- Call 911.

## After an attack

- Get medical attention, if needed.
- Report to local law enforcement.
- Save the evidence (clothing, photos, medical records)
- Talk to someone about your options. This person could be a victim advocate, crisis hotline, or women's shelter. Many agencies offer these services at no cost.

**SAFETY PLAN CHECKLIST**

**Identification**

- Driver License or State ID
- Birth Certificate(s)
- Social Security Card(s)

**Financial**

- Money – cash and cards in your name
- Checking/Saving account numbers
- Loan/Investment information

**Legal Papers**

- Protective Order
- Car Title/Registration/Insurance
- House Deed/Rental Agreement
- Health/Life Insurance
- Medical and School Records
- Work Permit/VISA/Permanent Resident
- Divorce/Custody Order
- Marriage License
- Tax Returns

**Other Items**

- Medications/Glasses/Medical Items
- Additional House/Car Keys
- Change of Clothes

# WHAT IS A PROTECTIVE ORDER

It is an order issued by the district courts in Utah, providing conditions against an abuser from causing further harm.

There are two parts to a protective order. The first is an "Ex-Parte" order, and it is valid for approximately 21 days until there is a hearing for a permanent protective order.

## Eligibility

To obtain a protective order, ONE of the following must apply to you or the abuser:

- Currently married or previously married to the abuser
- Have a child in common
- Related by blood or marriage
- Have resided together at any time
- You are 16 years of age or older and are not the parent, stepparent, or guardian of the abuser

## Items Needed

When applying, take the following with you:

- Names and addresses of places that the abuser would need to stay away from (home, work, schools, daycare, family members, and friends' houses)
- Addresses where the officers can find and serve the abuser
- Police reports and case numbers from prior reports of abuse
- Picture ID

# WHAT IS A JAIL RELEASE AGREEMENT?

Upon an arrest for any act of domestic violence, the arrested person may not be released before an appearance in court, unless the arrested person agrees to:

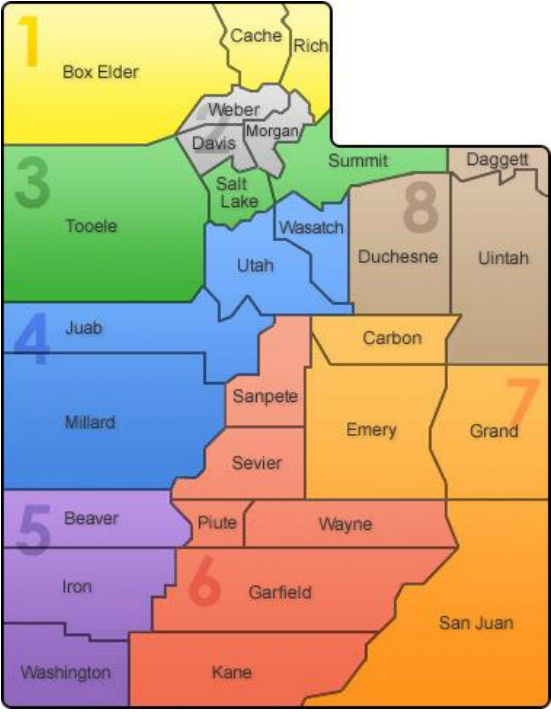
- Not have contact with the victim and parties listed in the no-contact order. Contact can be in person, over the phone, internet or through a third party.
- Not threaten or harass.
- Not enter the home or temporary domicile of the victim.

**This order is only valid if the abuser is booked into jail.**

Violation of a no-contact order/jail release agreement is punishable by up to one year in jail and a fine of \$2,500.

The victim may elect to waive the first and third provisions of the Jail Release Agreement. Waivers are available at the attorney's office in the jurisdiction where the abuse occurred.

# WHERE TO OBTAIN A PROTECTIVE ORDER



**1<sup>st</sup> District Judicial Court**  
 Box Elder (435) 734-4600  
 Cache (435) 750-1300  
 Rich (435) 793-2415

**2<sup>nd</sup> District Judicial Court**  
 Davis (801) 397-7008  
 Morgan (385) 350-9170  
 Weber (801) 395-1079

**3<sup>rd</sup> District Judicial Court**  
 Salt Lake (801)238-7300  
 Summit (435) 615-4300  
 Tooele (435)833-8000

**4<sup>th</sup> District Judicial Court**  
 Juab (435) 523-0901  
 Millard (435) 743-6223  
 Utah (801) 756-9654  
 Wasatch (435) 654-4676

**5<sup>th</sup> District Judicial Court**  
 Beaver (435) 438-5309  
 Iron (435) 867-3250  
 Washington (435) 986-5700

**6<sup>th</sup> District Judicial Court**  
 Garfield (435) 676-1104  
 Kane (435) 644-4600  
 Piute (435) 577-2840  
 Sanpete (435) 835-2121  
 Sevier (435) 896-2743  
 Wayne (435) 836-1301

**7<sup>th</sup> District Judicial Court**  
 Carbon (435) 636-3400  
 Emery (435) 381-5419  
 Grand (435) 259-1349  
 San Juan (435) 587-2122

**8<sup>th</sup> District Judicial Court**  
 Daggett (435) 781-9300  
 Duchesne (435) 738-2753  
 Uintah (435) 781-9300

# 24 Hour Crisis Lines

## Utah Domestic Violence Coalition

- (800) 897-LINK (5465)
- <https://www.udvc.org/>
- You can find local domestic violence resources and emergency shelters.

## Utah Coalition Against Sex Assault

- (888)421-1100
- <https://www.ucasa.org/>
- You can find local rape recovery resources and emergency shelters.

# Victim Services

## Utah Office for Victims of Crime

- (801) 238-2360 within Salt Lake County
- (800) 621-7444 outside Salt Lake County
- <https://justice.utah.gov/Crime/>
- Here you can be put in touch with your local victim service program and local victim advocate.

## VINELink

- (877) 884-VINE (8463)
- <https://vinelink.com/>
- You can register to be notified when the offender is released from jail and find local resources.

# Legal Services

## Utah Legal Services

- (801) 328-8891 – within Salt Lake County
- (800) 662-4245 – outside Salt Lake County
- <https://www.utahlegalservices.org/>
- You can be put in touch with free legal aid to assist you with filing for a protective order and attending court hearings.

## Utah District Courts

- <https://www.utcourts.gov>
- You can find information on how to file for a protective order, the court process, and forms to assist you in the filing.

# Other Resources

- **United Way 2-1-1**
- Dial 2-1-1
- <https://211utah.org>
- You can find local resources for housing, transportation, employment, legal, and mental health.

# DOMESTIC VIOLENCE

DOMESTIC VIOLENCE CAN BE  
PHYSICAL ABUSE,  
EMOTIONAL ABUSE,  
PSYCHOLOGICAL ABUSE,  
SEXUAL ABUSE.

## Utah Department of Public Safety Victim Services

To reach an advocate:

(801) 965-4747

[dps-victimservices@utah.gov](mailto:dps-victimservices@utah.gov)

<https://publicsafety.utah.gov/victim-services/>



Trooper: \_\_\_\_\_

Case #: \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### WHAT IS DOMESTIC VIOLENCE?

**Domestic violence**-a pattern of assaultive and coercive behaviors, including physical, emotional/ psychological, and sexual attacks that abusers use to control intimate partners.

**Physical abuse**-when someone pushes, shoves, bites, kicks, hits, strangles, chokes, spits on, punches, slaps, holds or ties you down, or prohibits you from leaving. It also includes the use of weapons or objects to hurt you.

**Emotional abuse**-when someone isolates you from family and friends, denies you access to your support system, threatens to harm you and/or the children or other family members, blames you for everything, drives fast or recklessly to frighten or intimidate you, is extremely jealous or possessive, controls all the money, makes all the decisions, humiliates you privately or publicly, threatens you with a weapon or, blames you for the abuse.

**Psychological abuse**-when someone calls you names, puts you down, continually criticizes you, verbally manipulates you, or repeatedly degrades you.

**Sexual abuse**-when someone forces or manipulates you into having sex, forces you to perform sexual acts against your will, forces you to watch pornography or sexual acts, humiliates you through sex, limits your reproductive freedom, including the use of birth control, and inflicts pain during sex.

### DYNAMICS OF ABUSE

You may have noticed a pattern in your relationship. Many victims identify with the Cycle of Abuse. For many, violent incidents follow a predictable pattern. The time between phases can vary from one day to a few years.

#### Phase 1 – Tension Builds

This phase has minor conflicts, and threats of violence may increase. This phase may last a few hours to many months.

#### Phase 2 – Abusive Incident

Violent behavior erupts as the abuser throws objects at their partner, hits, slaps, kicks, strangles, verbally abuses, sexually abuses, or uses weapons.

#### Phase 3 – “Honeymoon” Period

A period of remorse may follow after an abusive incident. The abuser may apologize, often excessively, buying gifts, flowers, etc. as they seek forgiveness. They often promise to change, but they are just keeping you from leaving.

