

Petition for Personal Protection Order (Domestic Relationship)

Use this form if the person you want restrained is 18 years of age and:

- 1) if you are married to the person you want restrained; **or**
- 2) if you are not married to the person you want restrained but you live with or have lived with him or her; **or**
- 3) if you and the person you want restrained have a child in common even if you were never married to one another or never lived together; **or**
- 4) if you and the person you want restrained have or had a dating relationship.

(Form CC 375)

INSTRUCTIONS FOR COMPLETING "PETITION FOR PERSONAL PROTECTION ORDER"

Please print neatly. Press firmly since you are printing on 5 copies.

By filling in this form, you are asking for a personal protection order which tells the respondent not to do certain things you don't want him or her to do. **If you are in immediate danger**, you should ask the judge for an "ex parte" order which can be issued without waiting for a hearing.

Items A through I must be completed before your petition can be filed with the court. Please read the instruction for each item. Then fill in the correct information for that item on the form.

- A** Write **your** name, address, and telephone number in the "Petitioner" box. If you are under 18 years of age, write in your age. Write the name, address, and telephone number of the person you want restrained in the "Respondent" box; if he or she is under 18 years of age, write in his/her age. **If you want your address and telephone number to be kept from the other party, do not write your address here. Put in the address of a relative or friend or a post office box where the court can contact you.**
- B** Check the boxes that best describe your relationship with the respondent.
- C** Check the box if the respondent is required to carry a firearm while at work. If you aren't sure, check the box "unknown".
- D** Check whether there is a pending case between you and the respondent. Examples of a case are: divorce, separate maintenance, support, paternity, child support, other personal protection actions, etc. If there is a pending case, fill in the case number, the name of the court and county where the action was filed, and the name of the judge.
- Check whether there are any court orders or judgments between you and the respondent. Examples of orders are divorce judgments, parenting time (visitation) orders, custody orders, other personal protection orders, etc. If there are other court orders or judgments, fill in the case number, the name of the court and county where the order or judgment was entered, and the name of the judge that signed the order.
- E** **Explain in as much detail** as possible why you are asking for a personal protection order. Describe what has happened or what has been threatened so the judge has enough facts to decide if a personal protection order should be signed. Include dates and places. Write on a separate sheet of paper and attach it to this form.
- F** **Check only those boxes** you need since you must be able to convince the judge you need all the protection you are requesting. On the lines after each item you check, fill in the requested information such as names, addresses, or specific types of activity you do not want allowed. Check item (b.) only if you want to keep the other party from entering onto property other than your home (for example, school, work, etc.). Check item e. only if there have been 2 or more acts of harassment. If you want the court to order that any records that exist which contain information about yourself or your minor children be kept confidential, state that in box j. Examples of such records are school reports which the respondent would normally have access to.
- G** An "ex parte order" means you do not have to let the respondent know in advance that you are asking the court for an order and you do not have to wait for a court hearing to get the order. Check the box for an "ex parte order" if you believe the other party might hurt you or threaten you if he or she found out you were getting a personal protection order.
- If you do not need to check the "ex parte" box, you must have a court hearing. Fill out form CC 381.
- H** If you are under 18 years old, you may need an adult (called a "next friend") to petition for you. Check this box if you have a next friend helping you file this form.
- I** Write in today's date and sign the form. Hand the form to the county clerk. The clerk will fill in the rest of the information and will give you your copies.

You must read the booklet "Instructions for Personal Protection Orders" for directions on the legal process.

**STATE OF MICHIGAN
JUDICIAL CIRCUIT
COUNTY**

**PETITION FOR
PERSONAL PROTECTION ORDER
(DOMESTIC RELATIONSHIP)**

CASE NO.

Court address

Court telephone no.

A Petitioner's name Address and telephone no. where court can reach petitioner	Age	Respondent's name, address, and telephone no. v	Age

B 1. The petitioner and respondent: are husband and wife. were husband and wife. have a child in common.
 have or had a dating relationship. reside or resided in the same household.

C 2. The respondent is required to carry a firearm in the course of his/her employment. Unknown.

D 3. a. There are are not other pending actions in this or any other court regarding the parties.

Case number	Name of court and county	Name of judge
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b. There are are not orders/judgments entered by this or any other court, regarding the parties.

Case number	Name of court and county	Name of judge
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E 4. I need a personal protection order because: Explain what has happened (attach additional sheets)

F 5. I ask the court to grant a personal protection order prohibiting the respondent from:

a. entering onto the property where I live. I state that either I have a property interest in the premises, I am married to the respondent, or the respondent has no property interest in the premises.

b. entering onto the property at _____ address

c. assaulting, attacking, beating, molesting, or wounding _____ name(s)

d. removing the minor children from the petitioner who has **legal** custody, except as allowed by a custody or parenting time order as long as removal of the children does not violate other conditions of the personal protection order.

e. stalking as defined under MCL 750.411h and MCL 750.411i which includes but is not limited to:
 following me or appearing within my sight. appearing at my workplace or residence.
 sending mail or other communications to me. contacting me by telephone.
 approaching or confronting me in a public place or on private property.
 entering onto or remaining on property owned, leased, or occupied by me.
 placing an object on or delivering an object to property owned, leased, or occupied by me.

f. interfering with efforts to remove my children/ personal property from premises solely owned/leased by the respondent.

g. threatening to kill or physically injure _____

h. interfering with me at my place of employment or education or engaging in conduct that impairs my employment or educational relationship or environment.

i. having access to information in records concerning a minor child of mine and the respondent that will reveal my address, telephone number, or employment address or that will reveal the child's address or telephone number.

j. purchasing or possessing a firearm.

k. other: _____

G 6. I make this petition under authority of MCL 600.2950/MCL 600.2950a and ask the court to grant a personal protection order.

I request an ex parte order because immediate and irreparable injury, loss, or damage will occur between now and a hearing or because notice itself will cause irreparable injury, loss, or damage before the order can be entered.

H 7. I have a next friend petitioning for me. I certify that the next friend is not disqualified by statute and is an adult.

I declare that the statements above are true to the best of my information, knowledge, and belief.

I _____
Date

Petitioner's signature

PROOF OF SERVICE

**Petition for
Personal Protection Order**
Case No. _____

TO PROCESS SERVER: You must serve the copies of the petition for personal protection order and file proof of service with the court clerk. If you are unable to complete service, you must return this original and all copies to the court clerk.

CERTIFICATE / AFFIDAVIT OF SERVICE / NON-SERVICE

OFFICER CERTIFICATE

I certify that I am a sheriff, deputy sheriff, bailiff, appointed court officer, or attorney for a party [MCR 2.104(A)(2)], and that: (notary not required)

OR

AFFIDAVIT OF PROCESS SERVER

Being first duly sworn, I state that I am a legally competent adult who is **not** a party or an officer of a corporate party, and that: (notary required)

I served a copy of the petition for personal protection order by:

personal service registered mail, delivery restricted to the respondent (return receipt attached)

on:

Respondent's name	Complete address of service	Day, date, time

I have personally attempted to serve a copy of the petition for personal protection order on the following respondent and have been unable to complete service.

Respondent's name	Complete address of service

Service fee	Miles traveled	Mileage fee	Total fee
\$		\$	\$

Signature

Title

Subscribed and sworn to before me on _____, _____ County, Michigan.
Date

My commission expires: _____ Date Signature: _____
Deputy court clerk/Notary public

Notary public, State of Michigan, County of _____

ACKNOWLEDGMENT OF SERVICE

I acknowledge that I have received a copy of the petition for personal protection order on _____.
Day, date, time

Signature of respondent

File No: _____

Petitioner's Name

Respondent's Name

4. I need a personal protection order because:
Please check appropriate box(es):

- The respondent has physically assaulted me, or threatened me to physically assault me. Follow the format below for describing the date, location and description of each incident.

- The respondent has stalked me. Stalking is two or more incidents of unconsented contact that have caused you to feel frightened, intimidated or threatened. You should specify the manner in which you have communicated that you don't want contact, and the date, location and description of each unwanted contact by the respondent.

When: _____

Where: _____

What: _____

When: _____

Where: _____

What: _____

Petitioner's Name

File No: _____
Respondent's Name

4. I need a personal protection order because (continued):

When: _____

Where: _____

What: _____

When: _____

Where: _____

What: _____

When: _____

Where: _____

What: _____

When: _____

Where: _____

What: _____

Personal Protection Order (Domestic Relationship)

Use this form if you filled out Form CC 375, Petition for Personal Protection Order

(Form CC 376)

INSTRUCTIONS FOR COMPLETING "PERSONAL PROTECTION ORDER"

Please print neatly. Press firmly since you are printing on 6 copies.

Items A through D must be completed before you give this form to the court clerk. Please read the instruction for each item. Then fill in the correct information for that item on the form.

- A** If you checked box **G** on Form CC 375, check the box for "Ex Parte."
- B** Fill in the "Case No." from Form CC 375.
- C** Fill in the "petitioner" and "respondent" the same way you did on Form CC 375. **If you want your address and telephone number to be kept from the respondent, do not write your address here. Put in the address of a relative or friend or a post office box where the court can contact you.**
- D** Write in the respondent's name and as much of the other information as you know. This information will help the police to identify the respondent if he or she disobeys the restraining order. Be sure to identify the respondent accurately.

The court will complete the rest of this form.

You must read the booklet "Instructions for Personal Protection Orders" for directions on the legal process.

- If you asked for an ex parte order (order without a hearing), read pages 3 and 4 of the booklet.
- If you did not ask for an ex parte order or the judge refuses to sign an ex parte order, read pages 5 and 6 of the booklet.

Important:

If the respondent violates this personal protection order and is arrested, the court will set a date, time, and place for a hearing on the charges against the respondent to be held within 72 hours after arrest. The court or prosecutor is responsible for giving you notice of this hearing. If you are not notified within 24 hours of the arrest, contact the judge who signed this order. If a hearing is not held within 72 hours, the respondent may be released from jail after posting bond pending the hearing.

If the respondent violates this personal protection order and there is no arrest, use form CC 382, Motion and Order to Show Cause for Violating Personal Protection Order. This form is available from the circuit court clerk.

STATE OF MICHIGAN
JUDICIAL CIRCUIT
COUNTY

(A)

PERSONAL PROTECTION ORDER
 EX PARTE
(DOMESTIC RELATIONSHIP)

(B)

CASE NO.

Court address
ORI
MI-

Court telephone no.

(C) Petitioner's name
Address and telephone no. where court can reach petitioner

Respondent's name, address, telephone no., and DLN

v

(D) Height Weight Race * Sex * Date of birth or Age* Hair color Eye color Other identifying information

*These items must be filled in for the police/sheriff to enter on LEIN; the other items are not required but are helpful. **Needed for NCIC entry.

Date: _____ Judge: _____ no hearing. **after hearing.

- 1. A petition requested respondent be prohibited from entry onto the premises, and either the parties are married, petitioner has property interest in the premises, or respondent does not have a property interest in the premises.
- 2. Petitioner requested an ex parte order which should be entered without notice because irreparable injury, loss, or damage will result from the delay required to give notice or notice itself will precipitate adverse action before the order can be issued.
- ** 3. Respondent poses a credible threat to the physical safety of the petitioner and/or a child of the petitioner.
- 4. The respondent **is the spouse or former spouse of the petitioner, had a child in common with the petitioner, or is residing or had resided in the same household as the petitioner. has or had a dating relationship with the petitioner.
- 5. _____ is prohibited from:
 - a. entering onto property where petitioner lives.
 - b. entering onto property at _____.
 - ** c. assaulting, attacking, beating, molesting, or wounding _____.
 - d. removing minor children from petitioner who has **legal** custody, except as allowed by custody or parenting time order provided removal of the children does not violate other conditions of this order. An existing custody order is dated _____ . An existing parenting time order is dated _____ .
 - ** e. stalking as defined under MCL 750.411h and MCL 750.411i which includes but is not limited to:
 - following petitioner or appearing within his/her sight. appearing at petitioner's workplace or residence.
 - sending mail or other communications to petitioner. contacting petitioner by telephone.
 - approaching or confronting petitioner in a public place or on private property.
 - entering onto or remaining on property owned, leased, or occupied by petitioner.
 - placing an object on or delivering an object to property owned, leased, or occupied by petitioner.
 - f. interfering with petitioner's efforts to remove his/her children/personal property from premises solely owned/leased by respondent.
 - ** g. threatening to kill or physically injure _____.
 - h. interfering with petitioner at his/her place of employment or education or engaging in conduct that impairs his/her employment or educational relationship or environment.
 - i. having access to information in records concerning a minor child of petitioner and respondent that will reveal petitioner's address, telephone number, or employment address or that will reveal the child's address or telephone number.
 - ** j. purchasing or possessing a firearm.
- 6. As a result of this order, federal and/or state law may prohibit you from possessing or purchasing ammunition or a firearm (including a rifle, pistol, or revolver).
- 7. Violation of this order subjects respondent to immediate arrest and to the civil and criminal contempt powers of the court. If found guilty, respondent shall be imprisoned for not more than 93 days and may be fined not more than \$500.00.
- 8. **This order is effective when signed, enforceable immediately, and remains in effect until _____ .**
This order is enforceable anywhere in this state by any law enforcement agency when signed by a judge, and upon service, may also be enforced by another state, an Indian tribe, or a territory of the United States. If respondent violates this order in a jurisdiction other than this state, respondent is subject to enforcement and penalties of the state, Indian tribe, or United States territory under whose jurisdiction the violation occurred.
- 9. The court clerk shall file this order with _____ who will enter it into the LEIN.
- 10. Respondent may file a motion to modify or terminate this order. For ex parte orders, the motion must be filed within 14 days after being served with or receiving actual notice of the order. Forms and instructions are available from the clerk of court.
- 11. A motion to extend the order must be filed 3 days before the expiration date in item 8 or else a new petition must be filed.

Date and time issued _____

Judge _____

Bar no. _____

Personal Protection Order

PROOF OF SERVICE

Case No. _____

TO PROCESS SERVER: You must serve the personal protection order and file proof of service with the court clerk. If you are unable to complete service, you must return this original and all copies to the court clerk.

CERTIFICATE / AFFIDAVIT OF SERVICE / NONSERVICE

OFFICER CERTIFICATE

OR

AFFIDAVIT OF PROCESS SERVER

I certify that I am a sheriff, deputy sheriff, bailiff, appointed court officer, or attorney for a party [MCR 2.104(A)(2)], and that: (notarization not required)

Being first duly sworn, I state that I am a legally competent adult who is **not** a party or an officer of a corporate party, and that: (notarization required)

I served a copy of the personal protection order by:

personal service registered mail, delivery restricted to the respondent (return receipt attached)

on:

Name of respondent	Complete address of service	Day, date, time
Law enforcement agency	Complete address of service	Day, date, time

I have personally attempted to serve a copy of the personal protection order on the following respondent and have been unable to complete service.

Respondent's name	Complete address of service
-------------------	-----------------------------

I declare that the statements above are true to the best of my information, knowledge, and belief.

Name (type or print)

Service fee	Miles traveled	Mileage fee	Total fee
\$		\$	\$

Signature

Title

Subscribed and sworn to before me on _____, _____ County, Michigan.
Date

My commission expires: _____ Date Signature: _____
Deputy court clerk/Notary public

Notary public, State of Michigan, County of _____

ACKNOWLEDGMENT OF SERVICE

I acknowledge that I have received a copy of the personal protection order on _____.
Day, date, time

Signature of respondent

**STATE OF MICHIGAN
JUDICIAL CIRCUIT
COUNTY**

**ORDER DENYING OR DISMISSING
PETITION FOR
PERSONAL PROTECTION ORDER**

CASE NO.

Court address

Court telephone no.

Petitioner's name
Address and telephone no. where court can reach petitioner

v

Respondent's name, address, and telephone no.

Date: _____ Judge: _____ Bar no. _____

1. This order is entered without a hearing. after hearing.

THE COURT FINDS:

- 2. a. A petition was filed for a personal protection order in a domestic relationship.
 - There is not reasonable cause to believe the respondent may commit 1 or more of the acts listed in MCL 600.2950(1).
- b. A petition was filed for a personal protection order against stalking in a nondomestic relationship.
 - Respondent has not committed 2 or more acts of willful, unconsented contact.
- c. Other: _____
- 3. The petitioner requested an ex parte order.
 - a. The petitioner has been interviewed and it is found the petitioner's claims are sufficiently without merit that the action should be dismissed without a hearing.
 - b. An ex parte order should not be issued, but the petitioner has been advised of the right to request a hearing on the petition.
 - c. Other: _____

IT IS ORDERED:

- 4. a. The petition for a personal protection order is denied for the following reasons: (specified below)
- b. The petition for an ex parte personal protection order is denied with notice of the right to request a hearing for the following reasons: (specified below)
- c. The petition for an ex parte personal protection order is dismissed without notice of the right to request a hearing because the petitioner's claims are sufficiently without merit for the following reasons: (specified below)

Date

Judge

CERTIFICATE OF SERVICE

I certify that on this date I personally served a copy of this order on the petitioner at _____
Place
_____ at _____ m.
Time

I certify that on this date I mailed a copy of this order to the petitioner at his/her last known address.

I certify that I personally served a copy of this order on the respondent at _____
Place
_____ at _____ m.
Time

mailed a copy of this order to the respondent at his/her last known address

because the respondent was served with a copy of the petition for personal protection order.

Date

Court clerk

Know and Protect Your Legal Rights

During court proceedings, important legal questions are likely to arise in relation to your Personal Protection Order. The Court may consider legal issues such as enforcement of your order.

The Clerk's Office cannot give you legal advice. The Clerk's Office can help you fill out the forms and give you referrals for Counseling, shelter and legal services. However, only a licensed attorney can advise you on how these proceedings may affect your legal rights.

All information that you provide to the Clerk and the Court is public information. This information is not kept confidential.

I have read this disclosure and I understand that all of the information that I have provided is public information. I also understand and agree that the Clerk cannot give me legal advice and I understand that the Clerk recommends that I consult with an attorney to protect my legal rights.

Petitioner's Signature

Date

Deputy Clerk's Signature

Date

Part I (to be filled out by petitioner)

1. Is respondent a Law Enforcement Officer?

Yes No Unknown

If yes, with what law enforcement agency is respondent employed? If unknown, leave blank.

2. Is respondent an employee of the Department of Corrections?

Yes No Unknown

If yes, with what Department of Corrections agency is respondent employed? If unknown, leave blank.

3. Does respondent currently work at the same location where you work?

Yes No Unknown

If yes, what is the name of the company that you both work for?

FOR OFFICIAL USE ONLY

Part II (to be filled out by the Clerk's Office)

1. Does the Personal Protection Order prohibit respondent from purchasing or possessing a firearm?

Yes No

2. Does the Personal Protection Order prohibit respondent from having access to information concerning the petitioner or child which is contained in Friend of the Court records?

Yes No

Part II (to be filled out by the Clerk's Office)

Copy of PPO sent to:

- Michigan Department of Corrections
- Law Enforcement Agency
- Concealed Weapons Licensing Board
- Friend of the Court

Deputy Clerk

Date

Information Sheet

Petitioner:

Full Name _____

Address _____

Telephone _____

Date of Birth _____ Gender _____ Race _____

Social Security Number _____

Driver's License Number _____

Respondent:

Full Name _____

Address _____

Telephone _____

Date of Birth _____ Gender _____ Race _____

Social Security Number _____

Driver's License Number _____

Next Friend: (if applicable)

Full Name _____

Address _____

Telephone _____

Date of Birth _____ Gender _____ Race _____

Social Security Number _____

Driver's License Number _____

Document used by Petitioner for Identification: _____

MAKE A SAFETY PLAN

These are steps you can take to help yourself be safe in the case of another assault:

SAFETY DURING A VIOLENT INCIDENT

- Plan to leave quickly if necessary; have purse and keys ready, and a place to go.
- Make up a “code word” so family, friends, and children know when to call for help.
- Have a signal for neighbors, like flashing porch lights, in case of an assault.
- When you feel that the abuser may be getting violent try to avoid kitchens, bathrooms, garage and other rooms that may have hard surfaces, sharp objects and no windows or doors to the outside.

SAFETY WHEN PREPARING TO LEAVE

- Leave money and extra set of keys with trusted friend or family member.
- Keep copies of important documents in a safe place.
- Open a savings account for yourself. Do not tell the abuser about the account.
- Keep a cell phone and charger with you at all times.
- Make arrangements to stay with a trusted friend or family member if the need arises. Leave extra clothes in a safe place.

SAFETY IN MY OWN RESIDENCE

- Change locks on doors and windows.
- Replace hollow-core doors with solid wood or metal doors, and install bolts.
- Additional locks, chains, window bars, poles, wedges, and/or electronic alarms.
- Install smoke detectors and fire extinguishers on each floor.
- Install sensor lights outside that light up when someone approaches the residence.

SAFETY ON THE JOB AND IN PUBLIC

- Tell trusted co-workers about your situation.
- Ask a trusted person to screen your calls.
- Make plans to handle an assault in a public place or private vehicle.

SAFETY AND MY CHILDREN

- Make sure your children know how to call 911.
- Teach some or all of the strategies on this sheet.
- Practice your escape plan with children.
- Teach the children how to make a collect call if they need help.

SAFETY AND EMOTIONAL HELP

- Learn what you can do to help cope when you feel depressed, scared or overwhelmed.
- Identify who you can call for emotional support.
- Support groups are available. Call the Center for Women in Transition (CWIT) at 1-800-848-5991 or 616-392-1970 for more information.

OTHER STEPS FOR SAFETY

- Get a Personal Protection Order.
- Keep a list of important phone numbers.



Plan ahead: There is help available.



ORGANICE UN PLAN DE SEGURIDAD

Estos son procedimientos que debe tomar para protegerse en caso de otra agresión:

SEGURIDAD DURANTE UN INCIDENTE VIOLENTO

- Piense en salir rápidamente si es necesario, tenga su bolso y sus llaves listas y piense adonde ir
- Invéntese una “clave secreta” para que sus familiares y amigos sepan cuando llamar a pedir ayuda.
- Invéntese una señal para los vecinos, como por ejemplo prender y apagar las luces de la entrada en caso de una agresión.
- Cuando usted sienta que el abusador puede volverse violento, evite las áreas de la cocina, el baño, el garaje y otros cuartos que tengan superficies sólidas, objetos cortopunzantes o que no tengan ventanas o puertas al exterior.

SEGURIDAD AL PREPARARSE A SALIR

- Deje dinero y un juego de llaves extras con amigos o familiares de confianza
- Mantenga copias de sus documentos importantes en un lugar seguro
- Abra una cuenta de ahorros para usted. No le diga al abusador sobre esta cuenta.
- Mantenga su teléfono celular y el cargador con usted todo el tiempo.
- Encárguese de hacer planes para quedarse con alguien – un amigo o un familiar en caso de que se presente la necesidad de hacerlo. Deje alguna ropa extra en un lugar seguro.

SEGURIDAD EN MI PROPIA RESIDENCIA

- Cambie cerraduras en las puertas y en las ventanas.
- Utilice puertas de metal o de madera sólida e instale pasadores y cerrojos.
- Instale detectores de humo y extinguidores de incendio.
- Instale luces sensoras fuera de la casa que se iluminen cuando alguien se aproxime a la residencia.

**SEGURIDAD EN EL TRABAJO Y EN LOS LUGARES PÚBLICOS **

- Cuénteles su situación a personas de confianza en su lugar de trabajo.
- Pídale el favor a alguien de confianza que conteste sus llamadas antes de pasárselas.
- Planee como manejar un posible incidente en un lugar público o en un vehículo privado.

SEGURIDAD Y MIS HIJOS

- Asegúrese que sus hijos sepan cómo llamar al 911.
- Enséñele a ellos algunas de las estrategias de esta hoja.
- Practique un plan de escape con sus hijos
- Enséñele a sus hijos como hacer una llamada por cobrar en caso de que sea necesario.

SEGURIDAD Y AYUDA EMOCIONAL

- Entérese de lo que puede hacer para ayudarse a enfrentar la situación cuando esté deprimida, asustada o agobiada.

Reconozca a quien puede llamar que le brinde apoyo emocional



制定安全计划

以下都是一些帮助自己免受骚扰的安全措施：

暴力事件时的应急安全：

- 如果您需要匆忙离开，你将会去在哪里呢？
- 在哪里可以存放您的钱包/车钥匙，以便迅速离开？
- 整理一个“代码”，使家人，朋友和孩子明白是你打的求助电话。
- 当您感觉风险即将来临，尽快逃离到安全的，低风险的，免受伤害的空间。
(避免厨房，卫生间，车库，客房没有出口。)

准备离开时的应急安全：

- 留一点现金和额外的一套钥匙给值得信赖的朋友或家庭成员。
- 复印和保存一份重要文件在安全的地方。
- 为自己开一个储蓄帐户。不要告诉施暴者你的帐号。
- 保证任何时候都有足够的通话费用。
- 提前通知你信任的家人和朋友你的到来。
- 留一些额外的衣服在安全的地方。

自己住宅区的安全：

- 更换门窗的锁。
- 取代空心木门用实木或金属门，并安装螺栓。-附加锁。链，窗闩，杆，撑篙，木楔或电子报警。
- 各楼层安装烟雾探测器和灭火器。
- 装有人接近住宅的感应灯。

公共场所的安全工作：

- 把你的处境告诉你的值得信赖的同事。
- 请求你信赖的人保护您的电话内容。
- 制定计划以处理在公共场所或私人交通工具内的骚扰。

安全与孩子：

- 请确保您的孩子知道如何拨打 911。
- 讲述给孩子这张表上的全部战略。
- 与孩子练习逃跑计划。
- 教导儿童当他们需要帮助时如何使一个对方付款的电话。

安全和情感帮助：

- 了解你可以做什么，当你感到沮丧时如何帮助您感觉更好。

-确定谁可以在情感上支持你。

-提供支援团体。呼叫在过渡时期的妇女中心 (CWIT) 在 1-800-848-5991 或 616-392-1970 了解更多信息。

其他步骤的安全:

-取得了个人保护令。

-请列出重要的电话号码。

照顾好自己，知道你的选择。

