

THE AIM OF THIS SAFETY PLAN IS TO PROVIDE YOU WITH THE BEST PROTECTION IN CASE YOUR PROTECTION ORDER IS BREACHED.

IT IS A SERIES OF GENERAL SAFETY RECOMMENDATIONS THAT SHOULD BE ADAPTED TO YOUR SPECIFIC SITUATION.

You can seek more information, guidance and specialised care from your local office for monitoring gender-based violence (Puntos Municipales del Observatorio Regional de la Violencia de Género- P.M.O.R.V.G.)

P.M.O.R.V.G. I:

Tel: (+34) 914 061 658

Fax: (+34) 914 061 661

E-mail: puntomunicipalop@madrid.es

If you live in the area of Barajas, the Centre, Chamartín, Chamberí, Ciudad Lineal, Fuencarral-El Pardo, Hortaleza, Moncloa-Aravaca, Moratalaz, Retiro, Salamanca, San Blas, Tetuán y Vicálvaro.

P. M.O.R.V.G. II:

Tel: (+34) 914 722 001

Fax: (+34) 914 721 004

E-mail: puntomunicipalop2@madrid.es

If you live in the area of Arganzuela, Carabanchel, Latina, Puente de Vallecas, Usera, Villa de Vallecas y Villaverde.

IF THE ALLEGED OFFENDER BREACHES THE TERMS DECREED BY THE COURT FOR YOUR PROTECTION OR IF YOU BELIEVE THAT THEY MIGHT...

- If the breach occurs in public, go to the nearest place where there are other people around. Never go to a place where you will be alone.
- Call the Emergency Services (**112** in Spain) and wait until the police come to help you and if you are signed up to the Support Service for Women Victims of Gender-based Violence (Servicio Telefónico de Atención y Protección para Víctimas de Violencia de Género- ATENPRO), raise the alarm.

EMERGENCY SERVICES YOU CAN CONTACT:

- + **S.A.V.G. 24 HOUR SERVICE.** Servicio de Atención a Mujeres Víctimas de Violencia de Género (Support Service for Women Victims of Gender-based Violence).

Tel: **(+34) 900 222 100** (indicating that you would like to speak with the 24 Hour S.A.V.G. technical team)

Fax: **(+34) 914 062 076**

E-mail: savg24h@madrid.es

- + **U.A.P.M.** Office for the Assistance and Protection of Women, Children and the Elderly within the Local Police.

Tel: **(+34) 900 222 100**

Paseo de la Chopera, 4 • 28045 Madrid

- + **112 (SPAIN) EMERGENCY SERVICES**

Depósito legal M-37051-2016

MADRID
LIBRE
DE VIOLENCIAS
MACHISTAS

SAFETY PLAN

FOR
WOMEN WITH
LEGAL
PROTECTION



SAFETY MEASURES YOU SHOULD ADOPT

1 IN YOUR HOME AND IN YOUR DAILY LIFE

- Make a copy of your Legal Protection Order and carry it on you at all times. Keep another copy in a safe place.
- Go to your local police station and inform them that you have a Legal Protection Order.
- If you remain in your own home, it is recommended that you change the locks if possible. If you change address in the interest of your safety, do not disclose your new address. The homes of your family and friends are the first places the alleged offender will go to look for you.
- If the alleged offender comes to your home for any reason, do not allow them to enter.
- Try to change both your home telephone number and your mobile number.
- Be safe when using modern technology devices and social media. Restrict access to your profile and use a nickname instead of showing your real name. Do not accept friend requests from people you do not know or from the alleged offender's circle and be careful when choosing the personal information, photographs and videos that you want to put up.
- Avoid places that you might regularly go to that the alleged offender is aware of. Change your routine and the routes you usually take.
- Consider the possibility of changing your Health Centre or Doctor's to avoid chance meetings.

- Call the police if the restraining order is breached in any way and raise the alarm with the Support Service for Women Victims of Gender-based Violence (Servicio Telefónico de Atención y Protección para Víctimas de Violencia de Género- ATENPRO). You can request a social worker to sign you up to this service at your local office for monitoring gender-based violence (Punto Municipal del Observatorio Regional de la Violencia de Género).
- Report any breach of the Legal Protection Order immediately. Keep any messages you receive and report them.
- If the alleged offender follows you on the street, hail a taxi if possible, and ask them to take you to the police station. Do not return to your address under any circumstances. It is a good idea to always carry some money on you.

IF YOU HAVE CHILDREN UNDER THE AGE OF 18:

- If the Protection Order **does not specify civil terms regarding any children you may have under the age of 18**, ask your lawyer to initiate proceedings for a divorce or for parental action as soon as possible.
- If the Protection Order **does specify civil terms regarding any children you may have under the age of 18** and you have agreed to drop off and collect the children from a Family Meeting Point (Punto de Encuentro Familiar- P.E.F.), the court's psychological support team will make the necessary arrangements for visitations, provided they have permission from either of the parents.
- If, before taking out the Protection Order, **you already had a court ruling or agreement in place** that stated that the father would collect the children from your home, ask your lawyer to request a modification to the agreement from a judge, stating that the children should be dropped off and collected from the Family Meeting Point and that, until this has been granted, visitation rights will be suspended. While the judge is reaching a decision on the request, visitations must not take place in your home and if your ex-partner comes to the house, you should report the breach of the restraining order and your children will have to be dropped off and collected in another place by means of a third party until the decision has been reached.

2 IN YOUR WORKPLACE

- Inform someone who you trust in your workplace that you have a Protection Order and ask for their assistance if the alleged offender call you at work or turn up at your workplace.
- Keep a copy of the Protection Order in your workplace.
- You can ask for a change of workplace or of your hours and for these changes to be kept confidential.
- Give security staff and friends at work a photo of the alleged offender.
- Try not to eat your breakfast or lunch by yourself.
- Have a plan for when you leave work. Try to find a colleague who you can travel with by car or by public transport. If possible, vary your route home.
- If the alleged offender calls your work, save the messages and save any electronic communication, then report it.

3 IN YOUR CHILDREN'S SCHOOL

- Inform the school of the situation- tell the headteacher that you have a Protection Order.
- Ask the headteacher to tell your children's teachers that only you should be permitted to collect the children from school unless the court ruling/ agreement states that the father may collect the children.
- Tell the school that if you are unable to collect the children, they should only be collected by someone who has written permission, signed by you.