**DOMESTIC VIOLENCE VICTIM TIPS**

*(from Infinity Counseling Center, Phoenix, Arizona)*

1. Change your phone number.
2. Make a Safety Plan (template attached).
3. Handwrite 5 Letters… this is what Federal Agents recommend to any DV, trafficking, etc. victims…

* Handwrite a letter with the words *“scared for my safety”* or similar. Include examples of incidents that happened *(and police report numbers if you have them)* and
* Be sure to write a statement such as "*If anything suspicious happens to me, I request you start your initial investigation with \_\_\_\_\_\_\_\_\_”* (perpetrator's name & other identifying information).
* Handwrite the **exact same letter** 5 times
* Mail the letters to 5 people you are very close to and who you trust to **not** open the letter.
  + *Not opening the letter preserves the authenticity using the date stamp by the post office.*
* Call and tell those 5 individuals that you are mailing something very important to them that is **not** to be opened *for legal purposes* unless something happens to you.
* **If something happens to you**, your friends do not open the letter but instead, they give the *still-sealed and date-stamped envelope* to the lead investigator.
* **WHY 5?** Because if you lose contact with a couple of the individuals, or some pass away, it is still likely that at least one of the five will be around to give your letter to the police. The odds of something happening to all 5 would be rare.

**It's quite a process but it is a very good one if you would want your perpetrator convicted!**

















