

http://www.courts.state.hi.us/self-help/protective_orders/your_safety

Plan for Your Safety

Agplano para iti Kinatalgedmo

A temporary restraining order (TRO), order for protection, or injunction cannot guarantee your safety. Plan very carefully for your safety and the safety of your loved ones.

Ti temporario nga order ti korte a manglapped (TRO), order para iti proteksion, wenno injunction ket saanna a garantiaan ti kinatalgedmo. Agplano a nasayaat para iti kinatalgedmo ken ti kinatalged dagiti ipatpategmo.

Here are some safety tips:

Adtoy ti sumagmamano a makatulong nga impormasion para iti kinatalged:

- Tell everyone you know that you have a TRO, order for protection, or injunction (your employer, church leader, friends, family and baby-sitter, etc.).
Ibagam iti tunggal am-ammom nga addaanka iti TRO, order para iti proteksion, wenno injunction (ti employer mo, lider ti simbaan, gagayyem, familia ken ti para-aywan ti ubing, ken dadduma pay.).
- Change the locks on your doors and windows as soon as possible. Replace wooden doors with steel doors. Sukatan dagiti kandado dagiti ridaw ken tawam iti kabiitan a tiempo. Sukatan ti landok dagiti kayo a ridaw.
- Install security systems if possible. Purchase additional locks, window bars, poles to wedge against doors. Mangikabil kadagiti sistema ti seguridad nu mabalin. Gumatang ti nayon a kandado, rehas ti tawa, kayo wenno landok a pangibalunet kadagiti ridaw.
- Install smoke detectors and keep fire extinguishers on every floor. You never know what your abuser might do.
Mangikabil kadagiti smoke detector ken mangikabil ti fire extinguisher iti tunggal kadsaaran. Di mo ammo nu ania ti aramiden ti tao a mangab-abuso kenka.
- Install extra outside lighting — include motion-activated lighting.
Mangikabil ti nayon a silaw iti ruar — iraman dagiti silaw nga agsindi nu adda madlawna nga agkuti.
- Teach your children their name, address, phone number, the phone number of a friend/relative and how to dial 911 in case they are kidnapped by your abuser.
Isurom kadagiti annakmo ti naganda, address, numero ti telepono, ti numero ti telepono ti maysa a gayyem/kabaggian ken nu kasano nga idayal ti 911 en kaso a kidnapien ida ti tao a mangab-abuso kenka.
- Make sure everyone who watches your children is informed of who is authorized to pick up your children.
Siguradoen nga amin a tattao a mangbanbantay kadagiti annakmo ket ammoda nu siasino ti awtorisado a mangsukon kadagiti annakmo.
- Inform your baby-sitters of your situation. They have the right to know so they will be better prepared to protect the children in their care.
Ibagam kadagiti mangay-aywan kadagiti ubbingmo ti maipanggep iti situasionmo. Adda karbenganda a makaammo tapno ad-adda a makapagsaganada a mangprotektar kadagiti ubbing nga adda iti aywanda.

Keep a copy of your TRO, order for protection, or injunction with you at all times and report violations to the police immediately.

Kanayon a tugotmo iti amin a tiempo ti kopya ti TRO, order para ti proteksion, wenno injunction ken dagdagus nga ipakaammo iti pulis dagiti panagsupring.

Important Phone Numbers

Dagiti Importante a Numero ti Telepono

Get more details about protecting yourself. Call these organizations:

Alaen ti ad-adu pay a detalye maipanggep ti panangprotektar iti bukodmo a bagi. Tawagan dagitoy nga organisasion:

Victim/Witness Assistance Division (City and County of Honolulu Prosecutor's Office)

Information about criminal prosecution of TRO violations – **(808) 768-7401**

Sangay ti Tulong iti Biktima/Testigo (Siudad ken County ti Honolulu Prosecutor's Office)

Impormasion maipanggep iti kriminal a prosekusion dagiti panaglabsing iti TRO – **(808) 768-7401**

[Domestic Violence Action Center – www.stoptheviolence.org](http://www.stoptheviolence.org)

Information about separation, divorce, child custody and other legal issues – **(808) 531-3771**

[Sentro ti Aksyon mainaig iti Kinaranggas iti Pagtaengan – www.stoptheviolence.org](http://www.stoptheviolence.org)

Impormasion maipanggep iti panagsina, diborsio, kustodia ti ubing ken dadduma pay a legal a babanag – **(808)**

531-3771