

## Plan for Your Safety Koasoanehdi Ahmw Silasil

---

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.

Mehn kalohk en ansou mwotomwot iraihrdi en emen en karanihuk (TRO), mehn kalohk pwen silehdi, de mehn kalohk teikan sohte kak pein sinsileiuhk. Insenohki oh koasoanehdi mwahu pein ahmw silasil oh pil silasil ong me ke poakehng kan.

Here are some safety tips:  
let ekei kaweid kan ong silasil:

- Tell everyone you know that you have a TRO, order for protection, or injunction (your employer, church leader, friends, family and baby-sitter, etc.).  
Indahieng me ke ese koaros me ren ese me mie noumw TRO, mehn kalohk ong silehdi, de mehn kalohk teiko (idahieng ahmw kaun en doadoahk, kaun en mwomowhdiso, iengomw, peneinei oh me kin apwali serihkan, ape).
- Change the locks on your doors and windows as soon as possible. Replace wooden doors with steel doors.  
Wiliandi loahk kan ni ahmw wenihmw oh wenihmw tok kan ni ansou karuwaru. Wilianda wenihmw tuhke ki wenihmw me mete.
- Install security systems if possible. Purchase additional locks, window bars, poles to wedge against doors. Kihda sisdem en silehdi. Pwainda ekei loahk, pahr ong wenihmw tok, oh pahr pwen katengehki wenihmw kan.
- Install smoke detectors and keep fire extinguishers on every floor. You never know what your abuser might do.  
Kihda dipwisou en tehk ma mie edinie oh nekidala mehn kakunla kisiniei nan pali koaros en ihmw. Ke sehse dahme emen me kin wiakawe pahn kak wia.
- Install extra outside lighting — include motion-activated lighting.  
Kihda ekei dengki likin ihmw — iangahki soahng me kin okada ni mehkot me mwekid.
- 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.  
Padahkieng noumw serihkan edarail, arail wasahn kouson, nempe en delepwohn, ahn iengomw de ahmw peneinei nempe en delepwohn oh ia duwen eker 911 ma me kin wiakawe pahn pirapa iraila.
- Make sure everyone who watches your children is informed of who is authorized to pick up your children.  
Tetehk me irail koaros me kin apwalih noumw serihkan ese ihs me mweimwei en wahda noumw serihkan.
- 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.  
Padahkihong me kin apwalih noumw serihkan mwomen amw kahpwal. Re konehng ese pwe re en kak kaunopehng silehdi serihkan me re kin apwalih.

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

Kolokol noumw koapi en TRO, mehn kalohk en sawas en salasil, de mehn kalohk teikan ansou koaros oh repwohtki ma mie me kawehla ong pwolihs ansouhte.

### Important Phone Numbers Nempe en Delepwohn Kesempwal kan

Get more details about protecting yourself. Call these organizations:  
Alehdi mengihtik en pein sinsileiuhk. Eker pwihn pwukat:

Victim/Witness Assistance Division (City and County of Honolulu Prosecutor's Office)  
Information about criminal prosecution of TRO violations – [\(808\) 768-7401](tel:8087687401)

Pali en Sowese Mehn Wiakaula oh Sounkadehde (Kahnihmw oh Kousapw en Honolulu Ohpis en Sounkadip)  
Mengihtik duwen pelien kadip en sapwungalahn 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**

[Pali en Mwekid ong Wiakawe en Peneinei – www.stoptheviolence.org](http://www.stoptheviolence.org)

Mengihtik ni duwen katohrhrpeseng, mweidpeseng, manaman en apwahli neirail serihkan oh irair en kosonned  
teikan – **(808) 531-3771**