



SAFETY FOCUSED PARENTING PLAN GUIDE for Parents

Developed by the
OREGON JUDICIAL DEPARTMENT

**STATE FAMILY LAW ADVISORY COMMITTEE —
Parenting Plan Outreach Workgroup**

and the

**OFFICE OF THE STATE COURT ADMINISTRATOR
Court Programs and Services Division**



JUNE 2003 - VERSION #4

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To download copies of this Guide, go to the Website:

<http://www.ojd.state.or.us/familylaw>

and click on the “Parenting Plan Information” link.

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Safety Focused Parenting Plan

Do you need a Safety Focused Plan? This list can help you decide.

Has the other parent:

- ▶ acted as though violent behavior toward you or your child(ren) is OK in some situations?
- ▶ damaged or destroyed property or pets during an argument?
- ▶ threatened to commit suicide?
- ▶ pushed, slapped, kicked, punched or physically hurt you or your child(ren)?
- ▶ had problems with alcohol or other drugs?
- ▶ needed medication to be safe around others?
- ▶ threatened not to return or not returned your child(ren)?
- ▶ used weapons to threaten or hurt people?
- ▶ threatened to kill you, your child(ren) or anyone else?
- ▶ sexually abused anyone by force, threat of force, or intimidation?
- ▶ been served a protection or no contact order?
- ▶ been arrested for harming or threatening to harm you or anyone else?

If you answered yes to any of these questions, please continue to take your safety, and your children's safety, seriously. You may need to use a Safety Focused Parenting Plan.

— continued over —

Oregon law requires parents to file a **Parenting Plan** (a document that states when the child will be with each parent and how decisions will be made) with the final request for divorce or child custody order. Parenting Plans may be modified by agreement of the parties (see the paragraph entitled “Changes to the Parenting Plan”) or by returning to court seeking a modification. The purpose of these materials is to help you develop a safety focused parenting plan. We recommend that you file a plan when first filing your case in the court. This packet offers three samples of safety focused parenting plans:

Option A: You feel your child cannot be safe alone with the other parent - *supervised parenting time or no parenting time*.

Option B: You feel your child can safely spend limited time with the other parent under certain conditions - *no overnight parenting time*.

Option C: You feel your child can safely spend time with the other parent, but you are not safe when the other parent is with you - *overnight parenting time, public drop off and pick up sites*.

These instructions are not a complete statement of the law. For legal information, please talk to a lawyer, visit your local law library and/or refer to the “Resource List” in the Parenting Plan Guide for Parents developed by the Oregon Judicial Department (<http://www.ojd.state.or.us/familylaw>). Your court may also have local rules, programs and procedures that are not explained in these instructions. **Some courts have family law facilitators and/or clerks who may provide you with further assistance.**

Instructions for completing the plan that you have chosen

- ▶ **County:** At the top of the page, fill in the name of the county in which you are filing your Parenting Plan at the top of the page.
- ▶ **Names:** On the lines provided, fill in the names of the Petitioner and Respondent. If you filed together, check the box marked “Co-Petitioner.” If you have an existing court case, use the labels and names as they appear on your original documents filed with the court.
- ▶ **Case Number:** On the right side, enter your case number. A case number is assigned when papers are filed with the court.
- ▶ **Information About The Children:** Write down the full legal name (do not use nicknames) and date of birth for each child of this relationship.
- ▶ **Who Are You?:** The residential parent is the term for the parent with whom the children live most of the time. The other parent is the non-residential parent. These labels are used throughout the parenting plan.
- ▶ **Parenting Schedule:** In deciding on a schedule you may want to refer to the “*What’s Best for my Child-Ages and Stages of Children*” section of the BASIC PARENTING PLAN GUIDE FOR PARENTS located at: <http://www.ojd.state.or.us/familylaw>. Click on the “Parenting Plan Information” link.
- ▶ **You need to attach your parenting plan to your court papers when you first file them with the court.**

Parenting Plan - Option A

Supervised



(Option A - Supervised)

IN THE CIRCUIT COURT OF THE STATE OF OREGON
FOR THE COUNTY OF _____

Petitioner _____)
and _____) CASE NO:
Respondent _____) **PARENTING PLAN**
Exhibit 1

1. **The Parties.** Petitioner and Respondent are the parents of:

<u>Full Name</u>	<u>Date of Birth</u>
_____	_____
_____	_____
_____	_____
_____	_____

They shall be collectively referred to as “the children” throughout this parenting plan.

The residential parent is the parent with whom the children live most of the time and who also has legal custody of them.

Petitioner shall hereafter be referred to as the (check one): ☐ Residential parent
☐ Non-residential parent

Respondent shall hereafter be referred to as the (check one): ☐ Residential parent
☐ Non-residential parent

2. **Parenting Time.** (choose only one):

☐ **No Parenting Time.** The non-residential parent shall have no contact with the children until further court order. All parenting decisions shall be made by the residential parent.

☐ **Supervised Parenting Time.** Whenever the children are with the non-residential parent, the supervisor shall be present. The non-residential parent has the right to spend time with the children even though the residential parent will be making most, if not all, of the parenting decisions which need to be made on the children’s behalf. The children shall be with the non-residential parent on any schedule agreed to between the parents, but not less than is set forth in the following supervised schedule (choose only one):

☐ _____ hours per week. The place(s), day(s), and time(s) shall be set by the residential parent.

☐ From _____ m. to _____ m. on the following day(s): _____

3. **Supervisor.** The person supervising the parenting time shall (choose only one):

☐ Be selected by the residential parent.

☐ Be selected by the non-residential parent, subject to the residential parent's prior approval.

4 **Access to Activities and Events.** The non-residential parent (choose only one):

☐ Shall not attend the children's school activities and athletic events.

☐ May attend the children's school activities and athletic events.

5. **Child Safety.** The non-residential parent shall follow the safety rules check below. If the non-residential parent violates any of the rules below, the residential parent may seek the court's help through a contempt action. In addition, if the violation poses an immediate threat to the child(ren), the specific parenting time may be stopped.

(Check all safety rules that apply):

☐ There shall be no firearms in the non-residential parent's home, car or in the children's presence during parenting time.

☐ The non-residential parent shall not consume alcoholic beverages beginning 12 hours before the children arrive up to the point they are returned to the residential parent.

☐ The children shall not be physically disciplined.

☐ The following person(s) present a danger to the children and shall not be present during parenting time _____.

☐ The non-residential parent shall not be under the influence of intoxicating liquor or a controlled substance (e.g. drugs) as said terms are defined in ORS 813.010 during any period of time that he or she is to be with the children.

☐ Other:

6. **Location.** The nonresidential parent shall spend his/her parenting time with the child(ren) at the following location(s):

☐ Supervised visitation center.

☐ _____ (location) or any other location designated by the residential parent.

☐ Any location designated by the nonresidential parent with approval by the supervisor.

7. **Exchange Point.** The exchange of the child(ren) shall occur at (Choose all that apply):

- ☐ The site of the supervised visit.
☐ Other (describe)_____
☐ The nonresidential parent may not come to the exchange point.

8. **Transportation.** The residential parent or other person chosen by the residential parent shall be responsible for transporting the child(ren) to the exchange point. The child(ren) shall be picked up and/or returned to the exchange point by (choose only one):

- ☐ The nonresidential parent with the supervisor present.
☐ The supervisor alone.

The child(ren) shall not be driven in a car unless the driver has a valid driver's license, auto insurance, seat belts, and child safety seats as required by Oregon law.

9. **Communication with the Children.** The non-residential parent (check all that apply):

- ☐ Shall not telephone, write, or email the children unless the contact is agreed to in advance by the residential parent.
☐ May write or e-mail the children at any time. Each parent shall provide a contact address (and e-mail address if appropriate) to the other parent.
☐ May call the children on the telephone ____ times per week. The call shall last no more than 15 minutes and shall take place between ____ .m. and ____ .m. Long distance telephone calls made by the children shall be paid for by the parent receiving the call. Each parent shall provide a telephone number to the other parent.

10. **Changes to the Parenting Plan.** A specific parenting time may be denied due to the safety concerns listed in Paragraph 5. Changes to the parenting plan are allowed whenever both parents agree to a change. Agreed upon changes will be temporary and will be enforced by the court only if the change is written down, is dated, signed by both parents before a notary public and submitted to the court leaving a space for the judge's signature. See ORS 107.174.

11. **This is part of a Court Order when attached to a *signed* Judgment.** Each party has been put on notice that an intentional failure to follow the rules of this parenting plan is punishable through the contempt powers of the court. One parent's failure to comply with the rules does not excuse the other party from following the rules.

12. **Signature(s)**

Your signature below indicates that you have read and agree with what has been decided and written in this document.

Petitioner:

☐ Respondent

☐ Co-Petitioner

Signature

Date

Signature

Date

Parenting Plan - Option B

**Unsupervised/
No Overnights**



IN THE CIRCUIT COURT OF THE STATE OF OREGON
FOR THE COUNTY OF

Petitioner _____)
)
 and)
)
 Respondent)
)

CASE NO: _____

PARENTING PLAN

Exhibit 1

<u>Full Name</u>	<u>Date of Birth</u>

The residential parent is the parent with whom the children live most of the time and who also has legal custody of them.

Petitioner shall hereafter be referred to as the (check one):

☐ Residential parent

☐ Non-residential parent

Respondent shall hereafter be referred to as the (check one):

☐ Residential parent

☐ Non-residential parent

2. **Parents' rights.** The non-residential parent has the right to spend time with the children even though the residential parent will be making most, if not all, of the parenting decisions which need to be made on the children's behalf. The children shall be with the non-residential parent on any schedule agreed to between the parents, but not less than is set forth in the following schedule. The residential parent shall be in charge of the children at all other times.

2.1 The children shall be with the non-residential parent on the following **regular schedule** (choose only one):

[] **First and third weekends** of each month. These are day periods only, not overnights. The "first" weekend of the month is the first weekend in the month that both Saturday and Sunday fall within the new month. For example, if Saturday is in the old month and Sunday is in the new month, the first weekend for the new month would be the next weekend.

A weekend is defined as (check one or more):

☐ 10:00 a.m. to 7:00 p.m. on Saturday.

☐ 10:00 a.m. to 7:00 p.m. on Sunday.

☐ 10:00 a.m. to 7:00 p.m. on Monday if the parent's weekend falls on a weekend during the school year on which that next Monday is a state or federally recognized holiday on which there is no school.

OR

☐ Other regular schedule (for example, if a parent works weekends).

2.2 **Additional Times** (Optional). The non-residential parent may also spend the following time with the children:

2.3 **Exchanging the Children.** All parenting time shall take place in a prompt manner. No parent need wait more than 15 minutes after the set exchange time for the other parent to arrive. The exchange point shall be (choose only one):

☐ The front steps of the residential parent's residence.

☐ A neutral place selected by the residential parent. Examples include the children's school or daycare, the public library, a fast-food restaurant, etc.

☐ Other (describe):

2.4 **Transportation.** The residential parent or other person chosen by the residential parent shall be responsible for transporting the child(ren) to the exchange point. The child(ren) shall be picked up and/or returned to the exchange point by (check all that apply):

☐ The non-residential parent.

☐ The following individual(s) known to the child(ren):

2.5 **Access to Activities and Events.** The non-residential parent (choose only one):

☐ Shall not attend the children's school activities and athletic events.

☐ May attend the children's school activities and athletic events.

3. The following rules shall apply to the use of parenting time:

3.1 **Parenting Time Make-Ups.** There will be no makeups required if a medical or true emergency causes the cancellation of parenting time.

3.2 **Clothes.** Each parent shall return *all* clothing that came with the child. It is recommended that each parent maintain a supply of basic clothing for the children at his or her own residence to assure that this does not become a problem.

3.3 **Communication with the Children.** The non-residential parent (check all that apply):

☐ Shall not telephone, write, or e-mail the children unless the contact is agreed to in advance by the residential parent.

☐ May write or e-mail the children at any time. Each parent shall provide a contact address (and e-mail address if appropriate) to the other parent.

☐ May call the children on the telephone ____ times per week. The call shall last not more than 15 minutes and shall take place between _____.m. and _____.m. Long distance telephone calls made by the children shall be paid for by the parent receiving the call. Each parent shall provide a telephone number to the other parent.

☐ The children shall have the right to call the non-residential parent (choose only one):

☐ ____ times per week at reasonable times.

☐ Unlimited right to call the non-residential parent.

3.4 **Parent to Parent Communication.** Communication between the parents shall be by (check all that apply):

☐ **Telephone.** Each parent shall provide a contact telephone number to the other parent.

☐ **In writing.** Each parent shall provide a contact address to the other parent.

☐ **E-mail.** Each parent shall provide an e-mail address to the other parent.

Communications between the parents shall be (check all that apply):

☐ For any reason the parents may wish to communicate with each other.

☐ Limited to issues relating to the children.

☐ Limited to changes to the parenting plan (dates, times, etc.).

4. The following rules apply to both parents:

4.1 **Decisions.** Major decisions about the children are the sole authority of the residential parent. Major decisions include, but are not limited to, decisions about the children's education, non-emergency healthcare (including medical and dental care), and religious training. The residential parent can make each of these decisions on the children's behalf without notice or input from the non-residential parent.

4.2 **Daily Care.** The residential parent is responsible for the children's primary care. The non-residential parent shall provide care for the children only while they are staying with him or her and will make only *emergency* medical or dental decisions on the children's behalf. The non-residential parent's right to make reasonable decisions regarding a child's care while the child is with him or her does not include giving the child haircuts or making any change in a child's appearance (i.e., tattoos, ear piercing, etc.) unless the residential parent has agreed in advance in writing, dated and signed.

4.3 **Child Safety.** It is the duty of both parents to keep the children safe.

Each parent shall protect the children in the following ways:

- Not use illegal drugs at any time or abuse alcohol while the children are present.
- Not allow the children to ride in a car unless the driver has a valid driver's license, auto insurance, seat belts and child safety seats as required by Oregon law.
- The children must be given medication as directed. This means the right amount and at the right time. The children must have the medication when parenting time starts, and it must be returned with the children at the end of parenting time.

The nonresidential parent shall follow the safety rules checked below. If the nonresidential parent violates any of the rules below, the residential parent may seek the court's help through a contempt action. In addition, if the violation poses an immediate threat to the child(ren), the specific parenting time may be stopped (check all safety rules that apply):

- ☐ The non-residential parent shall not be under the influence of alcohol or a controlled substance (e.g., drugs) during any period of time that he or she is to be with the children.
- ☐ The non-residential parent shall not consume alcoholic beverages beginning 12 hours before the children arrive up to the point they are returned to the residential parent.
- ☐ There shall be no firearms in the non-residential parent's home, car or in the children's presence during parenting time.
- ☐ The children shall not be physically disciplined.
- ☐ The following person(s) present a danger to the children and shall not be present during parenting time _____.

☐ Other:

5. **Changes to the Parenting Plan.** A specific parenting time may be denied due to the safety concerns listed in Paragraph 4.3. Changes to the parenting plan are allowed whenever both parents agree to a change. Agreed upon changes will be temporary and will be enforced by the court only if the change is written down, is dated, signed by both parents before a notary public and submitted to the court leaving a space for the judge's signature. See ORS 107.174.

6. **This is part of a Court Order when attached to a *signed* Judgment.** Each party has been put on notice that an intentional failure to follow the rules of this parenting plan is punishable through the contempt powers of the court. One parent's failure to comply with the rules does not excuse the other party from following the rules.

7. **Signature(s)**

Your signature below indicates that you have read and agree with what has been decided and written in this document.

Petitioner:

☐ Respondent

☐ Co-Petitioner

Signature

Date

Signature

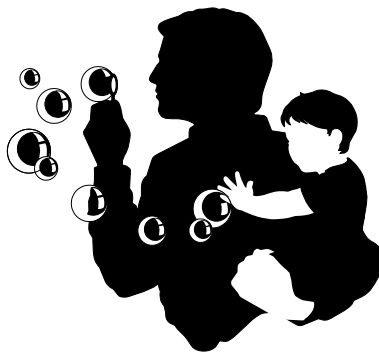
Date

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Parenting Plan - Option C

Overnights



(Option C - Overnights)

IN THE CIRCUIT COURT OF THE STATE OF OREGON
FOR THE COUNTY OF _____

Petitioner _____)
)
 and)
)
Respondent _____) **CASE NO:**
 PARENTING PLAN
 Exhibit 1

1. **The Parties.** Petitioner and Respondent are the parents of:

<u>Full Name</u>	<u>Date of Birth</u>
_____	_____
_____	_____
_____	_____
_____	_____

They shall be collectively referred to as “the children” throughout this parenting plan.

The residential parent is the parent with whom the children live most of the time and who also has legal custody of them.

Petitioner shall hereafter be referred to as the (check one): ☐ Residential parent
☐ Non-residential parent

Respondent shall hereafter be referred to as the (check one): ☐ Residential parent
☐ Non-residential parent

2. **Parents’ rights.** The non-residential parent has the right to spend time with the children even though the residential parent will be making most, if not all, of the parenting decisions which need to be made on the children’s behalf. The children shall be with the non-residential parent on any schedule agreed to between the parents, but not less than is set forth in the following schedule. The children shall be with the residential parent at all times not specifically designated for them to be with the non-residential parent.

2.1 The children shall be with the non-residential parent on the following **regular schedule** (choose only one):

☐ **Non-weekend schedule.** (For example, if a parent works weekends.)

- ☐ **Weekends.** The non-residential parent shall have the children on the **first** and **third weekends** of each month. The "first" weekend of the month is the first weekend in the month that both Saturday and Sunday fall within the new month. For example, if Saturday is in the old month and Sunday is in the new month, the first weekend for the new month would be the next weekend.

A weekend is defined as commencing (choose only one):

- ☐ At 7:00 p.m. on Friday and ending at 7:00 p.m. on the following Sunday.
- ☐ After school on Friday and ending at 7:00 p.m. on Sunday.
- ☐ At 10:00 a.m. on Saturday and ending at 7:00 p.m. on Sunday.

The weekend shall be extended (optional):

- ☐ To Monday at 7:00 p.m. if it falls on the parent's weekend during the school year on which the next Monday is a state or federally recognized holiday on which there is no school.
- ☐ Other regular schedule.

2.2 **Additional Times** (for example, holidays). The non-residential parent may also spend the following time with the children:

2.3 **Exchanging the Children.** All parenting time shall take place in a prompt manner. No parent need wait more than 15 minutes after the set exchange time for the other parent to arrive. The exchange point shall be (choose only one):

- ☐ The front steps of the residential parent's residence.
- ☐ A neutral place selected by the residential parent. Examples include the children's school or daycare, the public library, a fast-food restaurant, etc.
- ☐ Other (describe):

2.4 **Transportation.** The residential parent or other person chosen by the residential parent shall be responsible for transporting the child(ren) to the exchange point. The child(ren) shall be picked up and/or returned to the exchange point by (check all that apply):

☐ The non-residential parent.

☐ The following individual(s) known to the child(ren): _____

2.5 **Access to Activities and Events.** The non-residential parent (choose only one):

☐ Shall not attend the children's school activities and athletic events.

☐ May attend the children's school activities and athletic events.

3. The following rules shall apply to the use of parenting time:

3.1 **Parenting Time Make-Ups.** There will be no makeups required if a medical or true emergency causes the cancellation of parenting time.

3.2 **Clothes.** Each parent shall return *all* clothing that came with the child. It is recommended that each parent maintain a supply of basic clothing for the children at his or her own residence to assure that this does not become a problem.

3.3 **Day Care.** The non-residential parent shall be responsible for arranging day care for the children during his or her time with them. No child under the age of 11 shall be left unsupervised.

3.4 **Communication with the Children.** The non-residential parent (check all that apply):

☐ Shall not telephone, write, e-mail the children unless the contact is agreed to in advance by the residential parent.

☐ May write or e-mail the children at any time. Each parent shall provide a contact address (and e-mail address if appropriate) to the other parent.

☐ May call the children on the telephone ____ times per week. The call shall last not more than 15 minutes and shall take place between _____.m. and _____.m. Long distance telephone calls made by the children shall be paid for by the parent receiving the call. Each parent shall provide a telephone number to the other parent.

☐ The children shall have the right to call the non-residential parent (choose only one):

☐ ____ times per week at reasonable times.

☐ Unlimited right to call the non-residential parent.

3.5 **Parent to Parent Communication.** Communication between the parents shall be by (check all that apply):

- ☐ **Telephone.** Each parent shall provide a contact telephone number to the other parent.
- ☐ **In writing.** Each parent shall provide a contact address to the other parent.
- ☐ **E-mail.** Each parent shall provide an e-mail address to the other parent.

Communications between the parents shall be (check all that apply):

- ☐ For any reason the parents may wish to communicate with each other.
- ☐ Limited to issues relating to the children.
- ☐ Limited to changes to the parenting plan (dates, times, etc.).

4. The following rules apply to both parents.

4.1 **Decisions.** Major decisions about the children are the sole authority of the residential parent. Major decisions include, but are not limited to, decisions about the children's education, non-emergency healthcare (including medical and dental care), and religious training. The residential parent can make each of these decisions on the children's behalf without notice or input from the non-residential parent.

4.2 **Daily Care.** The residential parent is responsible for the children's primary care. The non-residential parent shall provide care for the children only while they are staying with him or her and will make only *emergency* medical or dental decisions on the children's behalf. The non-residential parent's right to make reasonable decisions regarding a child's care while the child is with him or her does not include giving the child haircuts or making any change in a child's appearance (i.e., tattoos, ear piercing, etc.) unless the residential parent has agreed in advance, in writing, dated and signed.

4.3 **Child Safety.** It is the duty of both parents to keep the children safe.

Each parent shall protect the children in the following ways:

- Not use illegal drugs at any time or abuse alcohol while the children are present.
- Not allow the children to ride in a car unless the driver has a valid driver's license, auto insurance, seat belts and child safety seats as required by Oregon law.
- The children must be given medication as directed. This means the right amount and at the right time. The children must have the medication when parenting time starts and it must be returned with the children at the end of parenting time.

///

///

The nonresidential parent shall follow the safety rules checked below. If the nonresidential parent violates any of the rules below, the residential parent may seek the court's help through a contempt action. In addition, if the violation poses an immediate threat to the child(ren), the specific parenting time may be stopped (check all safety rules that apply):

- ☐ The non-residential parent shall not be under the influence of alcohol or a controlled substance (e.g., drugs) during any period of time that he or she is to be with the children.
- ☐ The non-residential parent shall not consume alcoholic beverages beginning 12 hours before the children arrive up to the point they are returned to the residential parent.
- ☐ There shall be no firearms in the non-residential parent's home, car or in the children's presence during parenting time.
- ☐ The children shall not be physically disciplined.
- ☐ The following person(s) present a danger to the children and shall not be present during parenting time _____.
- ☐ Other:

5. **Changes to the Parenting Plan.** A specific parenting time may be denied due to the safety concerns listed in Paragraph 4.3. Changes to the parenting plan are allowed whenever both parents agree to a change. Agreed upon changes will be temporary and will be enforced by the court only if the change is written down, is dated, signed by both parents before a notary public and submitted to the court leaving a space for the judge's signature. See ORS 107.174.

6. **This is part of a Court Order when attached to a *signed* Judgment.** Each party has been put on notice that an intentional failure to follow the rules of this parenting plan is punishable through the contempt powers of the court. One parent's failure to comply with the rules does not excuse the other party from following the rules.

7. **Signature(s)**

Your signature below indicates that you have read and agree with what has been decided and written in this document.

Petitioner:

☐ Respondent

☐ Co-Petitioner

Signature

Date

Signature

Date

Where can I learn more?

RESOURCE LIST



RESOURCES

Domestic Violence Support

24-Hour Hotlines for Local Domestic Violence Assistance, Sexual Assault and Stalking Assistance. (Many Public Libraries have computers available for use with Internet Access.)

Every county has a victim's assistance program run by the District Attorney's office. Every county also has a 24-hour confidential domestic violence crisis line (check the phone book under "Women's Services"). Both types of services are available to men and women.

888-235-5333 Portland Women's Crisis Line (statewide resource)
800-281-2800 Womenspace Advocacy Center - www.enddv.com
800-799-7233 National Domestic Violence Hotline (English and Spanish) -
(TDD 800-787-3224) www.ncadv.org
800-656-4673 National Sexual Assault Hotline

Websites

County-by-county resources - www.workforcepartnersinoregon.org
Mid-Valley Women's Crisis Service - www.mvwcs.com
Multnomah County Domestic Violence Resources - www.co.multnomah.or.us/dcfs/dv
National Domestic Violence Hotline (English and Spanish) - www.ncadv.org
Oregon Coalition Against Domestic and Sexual Violence - www.ocadsv.com
Womenspace Advocacy Center - www.enddv.com

Legal Information

Many courts have a Family Law Facilitator who can help provide forms and information about court processes. Contact your county courthouse for more information (look in the blue pages of your phone book).

Oregon Law Help - www.oregonlawhelp.com - provides a list of Oregon's legal services offices in the state, as well as free legal information for low-income Oregonians
Oregon Judicial Department - www.ojd.state.or.us/familylaw
Oregon State Bar - www.osbar.org
Lawyer Referral 800-452-7636
Modest Means (low income) 800-452-7636
Tel-law (recorded legal information) 800-452-4776

Alcohol and Other Drug Resources

Focus on Recovery - 800-888-9383 - 24-hour information and referral resource
Oregon Partnership - 800-923-HELP (4357) State-wide Drug and Alcohol Helpline
Alcoholics Anonymous - Portland Area - 503-223-8569, additional locations & numbers
County-by-county resources - www.workforcepartnersinoregon.org

Mental Health Resources

County-by-county resources - www.workforcepartnersinoregon.org

Child Abuse Resources

Every county has a child abuse hotline. Check your phone book under 'Abuse' or 'Child Abuse Hotline.' Also, online, www.workforcepartnersinoregon.org for county-by-county resources.

Reading Resources

Your library may be an excellent resource for these and other books for adults and children.

Books about Violence:

For Young Children:

A Safe Place, Maxine Trottier (1997) (ages 5 and older)
A Story for Young Children About Domestic Violence, When Mommy Got Hurt,
Ilene Lee (1996)
Hands are Not for Hitting, Martine Agassi, Ph.D. (2000)

For Elementary School Children:

Something Is Wrong at My House, Diane Davis (also in Spanish) (1998)
Bully On the Bus, Carl W. Bosch (1998)
The Boy Who Sat by the Window: Helping Children Cope with Violence, C. Loftis (1996)

For Pre-teens and Adolescents:

Family Violence, Debra Goldentyer (1995)
Help Yourself to Safety, Kate Hubbard & Evelyn Berlin
Skills for Violence-Free Relationships, Barrie Levy
Dating Violence, Young Women in Danger, Barrie Levy (1991)
In Love and In Danger, a Teen's Guide to Breaking Free of Abusive Relationships,
Barrie Levy (1993)

For Adults:

Battered Woman's Survival Guide- Break the Cycle, by Jan Berliner Statman (1995). A resource manual for survivors, relatives, friends and professionals. This book tracks the anatomy and progress of an abusive relationship and includes tips on how to spot a batterer before an abusive relationship begins.

Dangerous Relationships - How to stop Domestic Violence Before it Stops You, by Noelle Nelson (1997). This book is helpful to those already in the midst of a violent relationship and also offers a preventive approach to avoiding getting into a violent relationship. It includes a personalized safety plan, helps increase both women's and men's awareness of potentially disastrous relationships to avoid.

Defending Our Lives- Getting Away from Domestic Violence and Staying Safe, Susan Murphy-Milano (1996). A comprehensive guide to the options available to battered women and to family and friends who want to help. Includes detailed and practical information to guide women through the process of protecting themselves from domestic violence and stalking and ensuring the safety of children.

The Domestic Violence Sourcebook, Dawn Bradley Berry (1998). Discusses psychological reasons for domestic violence and explores steps to getting out of a violent domestic violence situation. The book includes emotional and economic recovery for victims, resources, organizations and services.

Getting Free - You Can End Abuse and Take Back Your Life, by Ginny NiCarthy (1986). This book explores making the decision to leave, getting professional help; making a new life; recognizing partner/relationship patterns.

It's Not OK Anymore, Greg Enns and Jan Black (1992). A practical step-by-step path out of abuse and into life management and self-care.

Men's Work: How to Stop the Violence that Tears our Lives Apart, Paul Kivel (1998)

Unlearning Violence, Paul Kivel (1992)

War, Battering, and Other Sports: The Gulf Between American Men and Women, James McBride (1994)

What to Do When Love Goes Wrong, by Mariane Betancourt (1997). A practical resource for women in abusive relationships, this book includes an action plan to get out of danger and find immediate help. Information on how to stay safe and regain control of your life.

For Parents:

Beyond Dolls & Guns: 101 Ways to Help Children Avoid Gender Bias, Susan Crawford (1996)

Boys Will Be Boys: Breaking the Link Between Masculinity and Violence, Miriam Miedzian (1991)

Keeping Kids Safe, Kenneth Shore (2001)

On the Safe Side: Teach Your Child to be Safe, Strong, and Street-Smart, Paula Statman (1995)

Ten Talks Parents Must Have With Their Children About Violence, Dominic Cappello (2000)

Books about Alcohol and Other Drugs:**For Young Children:**

Something's Wrong In My House, Katherine Leiner (1988)

What's "Drunk," Mama? Al-Anon Family Groups

For Elementary School Children:

Drugs and Your Parents, Rhonda McFarland (1991)
My Mom Doesn't Look Like an Alcoholic, Mary & Chestnut Hammond
An Elephant in the Living Room, Jill & Typpo Hastings
I Can Say No, A Child's Book About Drug Abuse, Doris Sanford (1987)
My Dad Loves Me, My Dad Has a Disease, Claudia Black

For Pre-teens and Adolescents:

Highs! Over 150 Ways to Feel Really Really Good...Without Alcohol or Other Drugs, Alex J. Packer (2000)
How to Say No and Keep Your Friends, Peer Pressure Reversal for Teens, S. Scott (1997)
Straight Talk About Drugs & Alcohol, Elizabeth Ryan (1989)
You Can Say No to a Drink or Drugs, Susan Newman (1986)

For Adults:

You Mean I Don't Have to Feel This Way? New Help for Drug and Alcohol Addiction, Colette Dowling (1991)
You Can Free Yourself From Alcohol and Drugs: Work a Program that Keeps You in Charge, Doug Althausen (1998)

For Parents:

Parenting One Day at a Time -Using the Tools of Recovery to Become Better Parents, J. Packer (1999)
Adolescent Drug and Alcohol Abuse: How to Spot It, Stop It, and Get Help for Your Family, N. Babbitt (2000)

Books About Child Abuse:**For Young Children:**

Do You Have a Secret? How to Get Help for Scary Secrets, Pamela Russell
It's MY Body, Lory Freeman (also available in Spanish)
Loving Touches, A Book For Children About Positive, Caring Kinds of Touches, Lory Freeman (1986)
My Body is Private, L.W. Girard (1987)
Something Happened and I'm Scared to Tell, Patricia Kehoe, Ph.D. (Also in Spanish)
Your Body Belongs to You, Cornelia Spelman (1997)

For Elementary School Children:

It Happens to Boys, Too, Jane Satullo, Roberta Russell, (1987)
A Boy's Book About Sexual Abuse, Doris Sanford (1993)

For Pre-teens, Adolescents, and Adults:

Sexual Abuse: Let's Talk About It, Margaret O. Hyde, (1987)
Coping With Sexual Abuse, Judith Cooley (1991)

For Adults and Parents:

Broken Boys, Mending Men: Recovery from Childhood Sexual Abuse, K.B. Mains (1997)

Helping Abused Children, Patricia Kehoe, Ph.D.

Helping Your Child Recover from Sexual Abuse, C. Adams, J. Fay (1992)

Protect Your Child from Sexual Abuse, A Parent's Guide, Janie Hart-Rossi (1984)

The Sexual Abuse of Children and Adolescents, Margaret O. Hyde, (1997)

Books About Mental Health Issues:**For Young Children:**

Ignatius Finds Help - A Story About Psychotherapy for Children, Matthew Galvin, M.D. (1987)

Sad Days, Glad Days: A Story About Depression, Dewitt Hamilton (1995)

For Elementary School Children:

Please Don't Cry, Mom - A Book About Depression, Helen Den Boer

For Pre-teens and Adolescents:

Amazing Gracie, A. E. Cannon (1991)

My Father the Nutcase, Judith Caseley (1992)

Teenage Depression, Herman Silverstein (1990)

When Nothing Matters Anymore, A Survival Guide for Depressed Teens, B. Cobain (1998)

For Adults:

I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression, Terrence Real (1997)

In the Company of Men: A New Approach to Healing for Husbands, Fathers and Friends, Marvin Allen (1993)

The Self-Esteem Companion: Simple Exercises to Help You Challenge Your Inner Critic and Celebrate Your Personal Strength, Matthew McKay (1999)

Books About Anger and Other Feelings:**For Young Children:**

My Many Colored Days, Dr. Seuss (1996) (also on video)

The Way I Feel, Janan Cain (2001)

When You're HAPPY and You Know It, Elizabeth Crary (1996)

When You're MAD and You Know It, Elizabeth Crary (1996)

My Name is Not Dummy, Elizabeth Crary (1996)

For Elementary School Children:

The Temper Tantrum Book, Mitchell Preston

We Can Get Along, Lauren Murphy Payne, (1997)

When Sophie Gets Angry, Molly Bang

For Pre-teens and Adolescents:

Dealing With Anger, Marianne Johnston (1996)

Anger-Free: Ten Basic Steps to Managing Your Anger, Doyle Gentry (1999)

For Adults:

Anger and Relapse: Breaking the Cycle, Jo Clancy (1997)

Beyond Anger: A Guide for Men, Thomas Harbin (2000)

The Dance of Anger, A Woman's Guide to Changing the Patterns of Intimate Relationships, Harriet Lerner, (1985)

Dealing With Your Anger: Self-Help Solutions for Men, Frank Donovan (2001)

When Anger Hurts, Matthew McKay(1993)

For Parents:

A Fine Young Man: What Parents, Mentors and Educators can do to Shape Adolescent Boys into Exceptional Men, Michael Gurian (1998)

First Feelings: Milestones in the Emotional Development of Your Baby and Child, Stanley Greenspan (1985)

Floor Time (video), Stanley Greenspan, (1990)

Magic Tree of the Mind: How to Nurture your Child's Intelligence, Creativity, and Healthy Emotions From Birth Through Adolescence, Marian Diamond (1998)

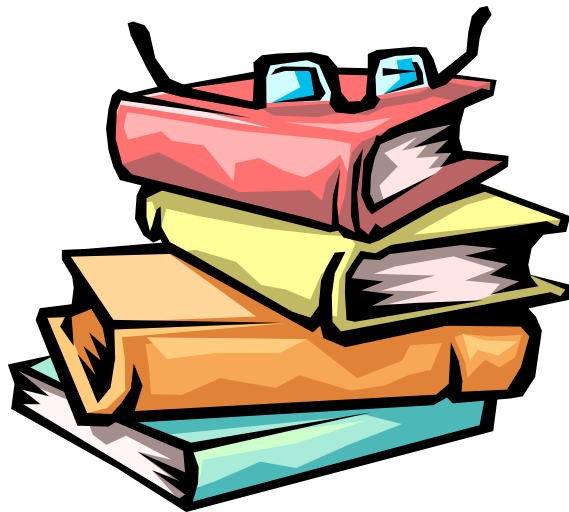
Raising Cain - Protecting the Emotional Life of Boys, Daniel Kindlon (1999)

Real Boys: Rescuing Our sons from the Myths of Boyhood, William Pollock (1998)

Without Spanking or Spoiling: A Practical Approach to Toddlers and Preschool Guidance, Elizabeth Crary (1993)

Time-In, When Time-Out Doesn't Work, Jean Illsley Clark

WORDS I NEED TO KNOW





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Court Order. Any order made by a judge; the order may be written by the judge or submitted by a party or attorney and signed by the judge. The parties may agree to a plan and, when the judge signs it, it becomes a court order or Judgment. See also *Stipulation*.

Custody. In Oregon, “custody” means the right to make major decisions for the welfare of a child. Major decisions include routine medical care, religion, education and residence. Custody may be either joint with both parents or sole with one parent. “Sole custody” does not give one parent the right to move away with the child without notice to the other parent unless the order specifically gives that right. Having custody does not necessarily mean having the child live with you (see also *Parenting Time*). See also *Regular*, *Split*, and *Shared Custody* for child support terms.

Dissolution of Marriage. Divorce.

Divorce. The legal process of dissolving a marriage; where parents have not been married, they can file a petition for custody (or filiation petition) to obtain orders for custody and a parenting plan.

Domestic Violence. A learned pattern of physical, verbal, sexual, and/or emotional behavior in which one person in a relationship uses force, fear and intimidation to dominate or control the other person, often with the threat or use of violence. Domestic violence is a crime.

Facilitator, Family Law Facilitator. A court employee who helps parents without attorneys by providing assistance with common family law forms and giving information about court procedures and other sources of help in their communities.

Family Abuse Prevention Act (F.A.P.A.). The law that authorizes courts to issue protective orders (a special type of restraining order) where there has been violence or other forms of abuse within a family. F.A.P.A. orders may include orders for custody and a parenting plan.

Filing. Turning your legal papers into the clerk of the court.

¹This is not a list of legal definitions but have been prepared for use by persons who are not lawyers.

Hearing. A motion or other legal action that is handled in the courtroom. Parties and attorneys may call witnesses and introduce evidence. A judge will make a decision based on all the evidence and the decision will become a court order.

Holiday. Each family has certain holidays and special occasions that it celebrates. A parenting plan would specify who the child will spend holidays with and define each holiday so both parents know when it begins and when it ends.

Joint Custody. Parents share the responsibility to make major decisions for their child (see also *Custody*). Joint custody does not mean that the child spends equal time with each parent. Both parents have to agree for joint custody to be ordered. See also *Parenting Time*.

Judgment. See *Court Order*.

Mediation. A meeting with a trained, neutral third party *who helps the parties* try to solve problems cooperatively. Most courts provide mediation of custody and parenting plan problems up to a certain number of hours. Mediation may occur face to face or separately, if necessary. Mediation is confidential. The mediator does not tell the parents what they should do or make a recommendation to the court. Mediation may not be appropriate where there are safety issues or domestic violence concerns.

Motion. A formal request filed with the court. A judge makes a decision to allow or deny the request, usually after a hearing or trial.

Non-residential Parent. The non-residential parent is the parent with whom the children do not live most of the time and who does not have legal custody of them.

Order. See *Court Order*.

Parenting Plan. A document that states when the child will be with each parent and how decisions will be made. The parenting plan may be developed by the parents, through mediation, with the help of attorneys or by a judge after a trial or hearing. See also *Custody*.

Parenting Time. The actual time a child is scheduled to spend with a parent. During parenting time that parent has primary responsibility for making routine decisions for the child but not major decisions. See also *Custody*.

Petition for Custody. If parents have never been married, instead of filing a dissolution of marriage (divorce) they file a petition for custody (or filiation petition) in order to get court orders for custody and a parenting plan.

Physical Custody. See *Custody* and *Parenting Time*.

Pro Se. Filing legal papers by yourself, without a lawyer. It can also mean appearing in court in front of a judge by yourself, without a lawyer.

Residential Parent. The residential parent is the parent with whom the children live most of the time and who has legal custody of them.

Restraining Order. See *F.A.P.A.*

Safety Focused Parenting Plan. A parenting plan specially created for families where there is mental illness, drug addiction, domestic violence, child abuse, or other circumstances that impact safety of the child or a parent. The Oregon Judicial Department and State Family Law Advisory Committee are currently developing such a plan. If you determine that your situation requires a safety-focused parenting plan, you should consult with an attorney.

Self-Represented. An individual who files a court case without using the services of an attorney. See also *Pro Se*.

Sole Custody. One parent has the right and responsibility to make major decisions for the welfare of the child. See also *Custody*.

Statute. Laws passed by the state legislature (or adopted by initiative). Most code sections relating to family law are in volumes 25, 107 and 109 of the Oregon Revised Statutes (O.R.S.) and are available at the county law library or on the internet at www.leg.state.or.us/ors.

Supervised Parenting Time. Parenting time during which the parent and child must be in the presence of another specified adult while the parent visits. Supervised visitation may be ordered where there has been domestic violence, child abuse or a threat to take the child out of the state. The third party is responsible for making sure that the child is safe and the rules are followed. Sometimes supervision can be arranged and paid for through an agency or provider. Often, a trusted family member or friend will agree to take on the responsibility. Either way, both the parents and the supervisor need to be informed about the requirements, the expectations and what to do in the event of an emergency or if the visit must be ended. Some courts have guidelines for supervised visits. Ask your local court clerk or facilitator.

Trial. See *Hearing*.

Visitation. Term no longer preferred. See *Parenting Plan, Parenting Time*.