

Case 2: However, pages with tables or figures continuing over 4 consecutive pages should carry a drop folio.

Follow spec for drop folio, if there is no drop folio spec, set as regular text numeral, flush out, 2 lines below last text baseline.

Table 11.1 PROTECTIVE STRATEGIES IDENTIFIED BY PARTICIPANTS IN THE VIGOR STUDIES

<i>Housing</i>
Go to shelter
Stay in their own home/fortunate because lease is in their name (can ask partner to leave)
Get a roommate
Stay with family
Stay with friends
Put children in safe housing
Apply for subsidized or public housing (such as Section 8)
Move to another house or apartment, buy or rent new housing
Stay in a hotel
Seek assistance with getting a down payment for a new home
Stay and fight
<i>Financial and employment related</i>
Keep current job
Seek new full-time or part-time work
Get a second job
Get job training
Establish a retirement account
Pay down debt
Save money
Develop a budget
Sell or pawn extra items
Borrow money
Declare bankruptcy
Open new account and/or get separate bank accounts
Apply for "welfare" (TANF, food stamps, or other public assistance)
Save to buy a car
Use only cash
Change insurance
Apply for Medicaid
Continue education (apply for college funding such as Pell Grant)
Take GED exam (earn certificate of high school equivalency)
Stash money with family or otherwise hide money from partner
Have family help with finances
Get financial help from friends at work
Pay his bills so easier to divide property
Apply for disability (SSDI)
Keep bank statements and other financial records

(continued)

Table 11.1 (CONTINUED)

Change accounts
Change passwords on various accounts
Increase internet security (general)
Don't use a computer
Only use computer at work to access personal information
<i>Other Safety Steps</i>
Leave town (relocate)
Hide—stay away from abuser and hide
Get a gun
Keep knife under mattress
Get mace
Get a dog
Change locks and/or add new or stronger locks to home (dead bolts)
Avoid unnecessary alone contact with spouse or use a mediator for necessary contact
Change routines to avoid abuser
Never go out alone—always bring a friend or family member
Home security/alarm system
Carry cell phone at all times
Be more cautious, be more aware of surroundings
Create a safety plan and share with kids
Change last name
Get a prepaid phone
Alert neighborhood/community watch
Install outdoor lights all around the house
Use a rotary phone (always on, no caller id)
Use a daycare with security cameras installed
Provide daycares and childcare workers with a list of safe people who can pick up your kids
Use code words
Continue promoting strong, healthy relationships with family, friends, and boyfriend
Become acquainted with law enforcement officers
Request record checks for potential romantic interests
Use code words
Continue promoting strong, healthy relationships with family, friends, and boyfriend
Become acquainted with law enforcement officers
Provide daycares and childcare workers with a list of safe people who can pick up your kids
Never go out alone—always bring a friend or family member
Home security/alarm system
Carry cell phone at all times
Be more cautious, be more aware of surroundings
Create a safety plan and share with kids

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