

Creating a Safety Plan:

If you are in an abusive relationship, think about...

1. Having important phone numbers nearby for you and your children. Numbers to have are the police, hotlines, friends and the local shelter.
2. Friends or neighbors you could tell about the abuse. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.
3. How to get out of your home safely. Practice ways to get out.
4. Safer places in your home where there are exits and no weapons. If you feel abuse is going to happen try to get your abuser to one of these safer places.
5. Any weapons in the house. Think about ways that you could get them out of the house.
6. Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house – taking the trash out, walking the pet or going to the store.
7. Going over your safety plan

If you consider leaving your abuser, think about...

1. Four places you could go if you leave your home
2. People who might help if you left. Think about people who will keep a bag for you or will lend you money. Make plans for your pets.
3. Keeping change for phone calls or getting a cell phone
4. Opening a bank account or getting a credit card in your name
5. How you might leave. (as listed above)
6. How you could take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.