How safe are you?
Plan now on where you can go if you don’t feel safe.
If any of the following are true, your situation may be more dangerous.
☐ Has the violence been getting worse, more often, or scarier lately?
☐ Has your partner ever choked or injured you while you were pregnant?
☐ Has your partner threatened to kill you/him/herself?
☐ Has your partner ever injured someone outside the home?
☐ Has your partner ever injured a pet or destroyed items you cared about?
☐ Does your partner have an alcohol or drug abuse problem?
☐ Is there a gun in the house?
☐ Are the children in danger?
☐ Does your partner know you are planning to leave?
☐ Has your partner threatened to kill you/him/herself?

Increase safety at home
☐ avoid kitchen and bathroom
☐ remove or disable gun/weapons from home
☐ put a phone in a room you can lock
☐ plan an escape route
☐ tell someone – make a signal with neighbors to call the police

Increase safety for your children
☐ teach them to call 911 and know their address and phone number
☐ make a code word for them to call 911
☐ plan an escape route
☐ teach them not to get in the middle of a fight

Pack a bag and hide it, or give it to someone you trust
☐ clothes
☐ money
☐ cash, credit & ATM cards
☐ change for pay phones
☐ checkbook, bank account #s, pay stub
☐ keys (house, car, office, safety deposit box)
☐ medications/glasses
☐ phone, phone calling card, phone/address book
☐ toiletries, diapers
☐ pictures, keepsakes, toys, books

Bring or make copies of important papers
☐ birth certificates, passports, soc. sec., immigration
☐ driver’s license/picture ID
☐ marriage/divorce/custody papers/restraining orders
☐ titles, deeds, car registration
☐ rent receipts
☐ health insurance cards/important medical records
☐ school records/immunization (shot) records
☐ journal/photos of abuse
☐ photos of abuser to give to school, office security, etc.

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