

Safety First

If you are in imminent danger, seek safety. Find area shelters: <https://www.domesticshelters.org/>

Always clear your browser history.

Safety Planning

Planning and preparation for leaving an abusive relationship:

(Planning and preparing for the safety of you and your children is crucial. Please read the detailed article can be found at <https://www.domesticshelters.org/articles/comprehensive-guides/a-guide-to-domestic-violence-safety-planning> for more complete information.)

- Secure your documents (driver's license, birth certificate, passport, social security card, etc.).
- Save money (stock up on cash or gift cards that can be used for gas, food, etc.) if possible.
- Gather evidence (document abuse, photographs, screenshot messages, etc.).
- Pack and hide a go-bag (include burner phone, cash, extra keys).
- Buy a burner phone and transfer contact to list.
- Contact a shelter.
 - Alternately, contact a trusted friend or relative that your abuser does not know.
- Secure an order of protection. & Notify your place of employment and child(ren)'s school and provide a photo of the abuser.
- Change ALL passwords.

Staying safe while you are planning and preparing to leave:

Safety while living with your abuser is paramount. See resources below:

<https://www.thehotline.org/resources/safety-planning-while-living-with-an-abusive-partner/>
<https://www.verywellmind.com/making-a-safety-plan-to-escape-abusive-relationship-5069959>

- Risk assessment – Identify use and level of force used.
- Identify safe rooms in your home.
- Have a phone with you at all times programed with support numbers (The Domestic Violence Hotline 800-799-7233, and a local shelter, as well as family, friends, or clergy).
- Break the silence – tell friends and neighbors.
- Teach your child(ren) and roommates how to get help.
- Create several plausible reasons to leave the house at various times of the day.
- Practice how to leave the house safely.
- Plan for what to do if your abuser finds your escape plan.
- If possible, keep all weapons locked away.
- Be mindful of how clothing, jewelry, and hairstyles (ponytails) can be used against you.
- Keep a full tank of gas in the car, back into the driveway.
- Have a go-bag packed and ready with cash, a burner phone, and extra keys.
- If violence is unavoidable, be a small target (protect yourself in the “tornado drill” position protecting your head, neck, and vital organs).

Moving Forward

Get support: Help with Job Training, Transitional Housing, Counseling, Legal Aid

https://www.strongerwomen.com/	https://www.thehotline.org/
https://www.salvationarmyusa.org/homelessness/womens-shelters/	https://www.ywca.org/what-we-do/health-safety/domestic-and-sexual-violence-services/