

Make A Safety Plan

A safety plan can help keep you and your children safe. Ask a domestic violence counselor to help you with your plan. And read this sheet.

During an Attack

When an attack starts, try to escape. Leave your home and take your children, *no matter what time it is!*

- Go to a friend's house or to a domestic violence shelter.
- Defend and protect yourself. Later, take photos of your injuries.
- Call for help. Scream as loud and as long as you can.
- Stay close to a door or window so you can get out if you need to.
- Stay away from the bathroom, kitchen, and weapons.

Be Ready to Leave

Leaving is the most dangerous time. Thinking about your safety plan *before* you leave will help you when the time comes.

- Practice your escape. Know which doors, windows, elevator, or stairs are best.
- Have a safe place to go in an emergency. Memorize their phone number.
- Keep a cell phone or calling card with you always so you can call in an emergency.
- Ask a neighbor and a co-worker to call the police if they see or hear abuse.
- Get rid of guns and weapons in your house.

- Have a “code word” to use with your children, family, friends, and neighbors. Ask them to call the police when you say that word.
- Keep a bag ready with clothes and extra keys for your house and car. Hide it in a place you can get to quickly. Or leave it at a friend's house.
- Put important things in a safe place where you can get them easily, such as your:
 - Medicines
 - Driver's license, ID, social security card
 - Cash, check book, credit cards
 - Legal papers, important phone numbers.

Be Safe When You Live on Your Own

- Change the locks on your doors as soon as you can.
- Put locks on all your doors and windows.
- Ask your phone company for an unlisted number. Sometimes this is free.
- Give your children's school or daycare a list of who is allowed to pick up your children.
- Tell your neighbors and landlord that your partner no longer lives with you.
- Ask them to call the police if they see your partner near your home.