

A Plan for Getting Away and Leaving A Life of Domestic Violence

Make a Plan

- Domestic violence shelters and programs in my community are:

Name	Contact Person	Phone Number	Address

- Copies of important papers have been made. Put them in a ziplock bag and hide them.
 - Birth certificates
 - Deeds
 - Passports
 - Immigration papers
 - Divorce papers
 - Social Security Cards
 - Marriage License
 - Leases and deeds of property
 - Bank information: checkbook, savings, charge cards, account statements
 - Proof of income: pays stubs, W-2
 - Any police reports about abuse
- Remember important telephone numbers or keep them where you can get them.
- Pack and hide an overnight bag.
- Hide some prescription drugs that you need.
- Save some money.
- Make plans to get money from a joint bank account, if available.
- Make spare keys for you car, house or apartment.

What to Do if You Can Get Away

- Call the police (911)
- Take: keys, important papers, telephone numbers, money and overnight bag.

What to Do if You Cannot Leave Right Away

- Avoid rooms with one exit
- Avoid the kitchen or other places with weapons.
- Call for help.
- Wait for a safe time to leave: Those times are:

What to Do if You Return After the Abuser Has Left

- If you feel comfortable, notify friends and/or family that you have returned home.
- Change your locks and secure your doors and windows.
- Ask a friend or family member to stay with you.
- Change your telephone number and ask family and friends not to give it to anyone, especially the abuser.
- Consider getting a protection order from your local court.

What to Do if You Find Another Place to Live

- Keep your address confidential.
- Consider getting a protection order that allows the police to assist and protect you (standby) while you pick up personal belongings for yourself and your children.

What You Can Do to Protect Yourself While at Work, School and in Public Places

- If you feel comfortable, inform your employer, daycare provider and school officials about the violence. Provide them with a copy of your protection order, parenting plan or custody order.
- Change your routes to work, school, etc. and your daily routine.
- Have someone give you call or keep a friendly eye on you when you return from work
- Develop a plan for what you will do if you have unexpected contact with the abuser.

