



BEFORE AND DURING AN ATTACK:

1. If you feel you are in danger, leave your home and take your children, no matter what time it is. Go to the house of a friend or relative or a domestic violence shelter.
2. Defend and protect yourself. Later, take photos of your injuries.
3. Call for help. Scream as loudly and for as long as you can. You have nothing to be ashamed of — the abusive person does.
4. Stay close to a door or window so you can get out if you need to.
5. Stay away from the bathroom, kitchen, and weapons.
6. Practice your escape. Know which doors, windows, elevator, or stairs would be best.
7. Have a packed bag ready. Hide it in a place that you can get to quickly.
8. Identify neighbors you can tell about the violence. Ask them to call the police if they hear signs of domestic violence coming from your home.
9. Have a “code word” to use with your children, family, friends, and neighbors. Ask them to call the police when you say that word.
10. Know where to go if you have to leave home, even if you do not think you will have to.
11. Trust your instincts. Do whatever you have to do to survive.

IF YOU ARE PREPARING TO LEAVE AN ABUSIVE PARTNER, IT IS IMPERATIVE TO HAVE A SAFETY PLAN IN PLACE IN ORDER TO BE ABLE TO ESCAPE SAFELY. THE FOLLOWING STEPS ARE RECOMMENDED BY DOMESTIC VIOLENCE PREVENTION PROFESSIONALS AND AUTHORITIES (CALIFORNIA COURTS, 2022).

“How do I leave?”



MAKING A SAFETY PLAN



GETTING READY TO LEAVE

1. Open a savings account in your own name. Give the bank a safe address, like a post office box or your work address.
2. Leave money, an extra set of keys, and copies of your important papers with someone you trust. You may need to leave home fast, and you will need these things later.
3. Think about who you could stay with and who can lend you money.
4. Keep the phone number of the local domestic violence shelter nearby (or store it in your cell phone, if that is safe). Keep some change or a calling card with you at all times so you can call if there is an emergency.
5. Leaving is the most dangerous time. Thinking about your safety plan before you leave will help you when the time comes.
6. If you have to leave your children, get them back as soon as possible. Get legal advice or call a domestic violence agency. Many of these places will help you with temporary housing, legal processes, job placement, and relocation.

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STARTING FRESH ON YOUR OWN

1. Teach your children how to be safe, for times when you are not with them.
2. Make sure your children's school or daycare provider knows who is allowed to pick up your children.
3. Ask the court for a protective order.
4. Make sure your local police department gets a copy of your restraining order.
5. Call the police if your spouse/partner breaks the protective order.
6. Think of how to stay safe in case the police do not get to you right away.
7. Give copies of your protective order to everyone listed on the order and to family, friends, and neighbors who are willing to help you.
8. Tell the security personnel where you work. Give them a photo of the person you need protection from.
9. Decide who else to tell at work about your situation.
10. If you are thinking about going back to a situation that could be abusive, talk with someone you trust about alternatives.
11. Decide who you can call to get the support you need.
12. Go to a support group or counseling. You will get support and learn about yourself, domestic violence, and relationships.

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LOVE SHOULDN'T HURT.

If you or someone you know is experiencing an abusive relationship, you are not alone.

Help and support is available to you.

RESOURCES:

New Directions

24 Hr Crisis Line: (812) 662-8822

Office Phone: (812) 662- 8223

Current Office Hours:

Monday-Friday 8am-5pm

www.mynewdirections.org

In an emergency, call 911

