

Safety Plan

1. Set aside money and/or a copy of car keys in a secret place in the event that you need to flee your home in a hurry.
2. If possible, make copies of your marriage certificate, children's birth certificates and any financial statements.
3. Make a signal with a friend or neighbor that will indicate to them that you are in danger and they need to call the police immediately (blinking of a porch light, ringing their phone once and hanging up, etc.).
4. If you have an infant or young children, pack a bag with diapers and baby food, as well as clothing for all members of the family and store it at a friend's house in the event you need to flee suddenly.
5. Never allow your abuser to lead you into a room without windows (i.e. a bathroom) or into a room that has potential weapons (i.e. kitchen).
6. If all else fails, pretend to faint, that usually will cause the attack to cease.