SAFETY WHEN PREPARING TO LEAVE

1. Open a savings account and/or credit card in your name to increase your options. Think of other ways in which you can increase your independence.

2. Leave money, an extra set of keys, copies of important documents, extra medicines and clothing with someone you trust so you can leave quickly.

3. Determine who would be able to let you stay with them or lend you some money.

4. Discuss a safety plan with your children for when you are not with them.

5. Inform your child(ren)’s school, or day care about who has permission to take your child.

6. If you live in a rural area, you might consider getting a dog or obtaining a device that imitates the sound of a dog barking.

7. Keep shelter or hotline numbers close at hand and keep some change, a calling card or your cell phone on you at all times for emergencies.

8. Review your safety plan as often as possible in order to plan the safest way to leave.

REMEMBER, LEAVING MAY BE YOUR MOST DANGEROUS TIME.