

SEFETY PLANNING TIPS

Things to consider

You may not always be able to prevent acts of domestic abuse, however, here are a few tips that may increase your safety. Take steps to de-escalate until you can get to a safe place.

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IDENTIFY AND PRACTICE AN EXIT PLAN

- Where are the safe spaces in your home that allow for a quick exit
- Avoid areas where weapons are kept

BE PREPARED FOR EMERGENCIES

- Keep a bag packed with clothes and essential items & store them in case you need to leave quickly

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IMPORTANT ITEMS TO REMEMBER

- Keep your cell phone charged and on or near you
- Gather and safely store important documents such as birth certificates, social security card, shot records, and marriage certificate

USE A SAFE WORD

- Teach your children a safe word to use when law enforcement should be called
- Teach them how to call 911

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KNOW WHERE YOU CAN GO

- Have a plan to either stay with a friend, get a hotel, or travel out of the area
- Identify shelters in the area

AVOID THREATENING DIVORCE OR TO LEAVE

- Threats to leave could result in increased risk
- If you plan to leave, do so without telling your husband or anyone who may inform him

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TALK TO A VICTIM ADVOCATE TO IDENTIFY OTHER ACTIONS YOU COULD TAKE TO INCREASE YOUR SAFETY

To speak with an advocate, call 931-980-5787.