

WHAT TO DO

WHEN YOU HAVE LEFT AN ABUSIVE RELATIONSHIP OR SITUATION



CALL THE POLICE IMMEDIATELY IF THE ABUSIVE PERSON TRIES TO CONTACT YOU

DEVELOP AN ESCAPE PLAN AND PRACTICE WITH YOUR CHILDREN

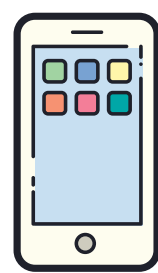


ADD SECURITY MEASURES

Change door locks, add dead bolts, and if possible install motion sensor lights in the yard or install a security system. Ensure all entrances are well lit and keep doors and windows securely locked. Ask for your land lords assistance if possible.

KEEP A PHONE IN A ROOM THAT LOCKS FROM THE INSIDE

If possible, purchase a cell phone and keep it nearby (i.e. purse, pocket, or an accessible hiding place).

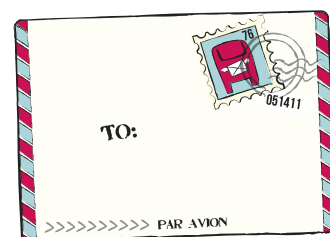


OBTAIN A PRIVATE OR UNLISTED TELEPHONE NUMBER

If possible, also pre-program emergency numbers into your contacts.

CONSIDER RENTING A POST OFFICE BOX FOR YOUR MAIL

Addresses may be listed on legal orders and police reports and can be accessed by the abusive person.

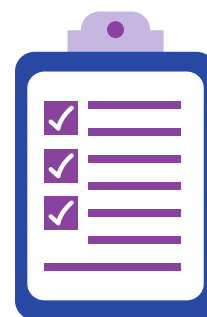


DEVELOP SIGNALS OR CODES FOR NEIGHBOURS AND FRIENDS TO CALL THE POLICE

i.e. banging on the wall in the case of an emergency.

PREPARE A SAFETY PLAN FOR THE CHILDREN

Teach your children not to let the abusive person in the home. Prepare your children to respond to the abusive person who comes to their school or day care. If a protection order includes provisions about the children, give a copy to the children's school or childcare facility.





IF IT IS NOT SAFE WHERE YOU LIVE, CHOOSE A SAFE PLACE TO GO (I.E. TRUSTED FRIEND, RELATIVE, MOTEL, EMERGENCY SHELTER, ETC.)

Check to see which shelters are barrier free for you and if they have accessible support that you require. Do not go to a friends or relative's house if the abusive person is likely to find you there. This can be dangerous for both of you and those trying to assist you.

KEEP A COPY OF ALL PROTECTION ORDERS AND CUSTODY ORDERS WITH YOU AT ALL TIMES



CHANGE ANY APPOINTMENTS THE ABUSIVE PERSON WAS AWARE OF

i.e. medical or dental appointments

SHOP AT DIFFERENT STORES AND DIFFERENT FREQUENT SOCIAL SPOTS

This will make you harder to locate or spot by the abusive person.



CALL YOUR TELEPHONE COMPANY AND ASK ABOUT CALLER ID

Ask about "Caller ID" so that you can identify the telephone number of anyone attempting to call you. Also ensure you turn off caller ID on your personal phone so that if you make a phone call no one will be able to get your phone number. If your phone does not have this option call and ask your telephone company to block your number for you.

REVIEW YOUR SAFETY PLAN MONTHLY
