

Personal Safety Tips

*No one deserves to be abused.
If things get out of hand, it's good to have a plan!*

WHEN A FIGHT BREAKS OUT

- Move away from the kitchen, bathroom, or anyplace where there are dangerous sharp objects.
- Plan the easiest escape. Decide on a door window to exit quickly and safely.
- Find a neighbor, friend, or family member you can trust to help you and your children, or to call police.

IF YOU DECIDE TO LEAVE YOUR PARTNER, PLAN FOR SAFETY

- Every situation is different! Contact us for information on how to plan for safety. Leaving maybe risky for you and your children.
- Put some money away. Even if you only save a little bit every week, you need to have some money of your own.
- Make copies of keys and important papers and leave them with a friend, neighbor, or church. Some important items to have: birth certificates, legal papers, a little money, special toys.

WAYS TO STAY SAFE ON YOUR OWN

- Change locks on your doors.
- Learn about your legal rights. If you have legal papers to protect you, keep them with you at all times.
- Tell neighbors, friends, landlords or coworkers that your partner no longer lives with you. Keep a safety plan for coming and going, and share it with people you trust. Teach your children about the safety plan.
- If your former partner is dangerous, find someone at work to tell. Show a picture, and ask them to call 911 if your former partner comes around.
- If you need other ideas or a local referral, call us.

If you need to talk, call us. We're here for you.

1-800-799-7233 (SAFE)

1-800-787-3224 (TTY)

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