

# SAFETY PLAN

## LEAVING IN A HURRY

### Where are you going to go?

- \* If you need to get out immediately and you can drive, drive to the nearest police station. If you have a cell phone with you, call 911. Inform them about the situation and ask for an officer to meet you outside. Stay on the line until you are with law enforcement in person.
- \* If you are on foot, and it is an emergency situation, run toward people. If there is a gas station, restaurant, or a store near you, run there. Call 911 as soon as possible. Inform them about the situation and stay on the line until you are with law enforcement in person.
- \* If you are on foot, and it is an emergency situation, but there is not a public area near you, find shelter. This will likely need to be inside of a neighbor's house. Call 911 as soon as possible.

### What do you need to take with you?

- \* If you have access to a cell phone, take it. It could be your only immediate lifeline.
- \* If you are being pursued by your abuser and you can grab something to use in self-defense, you may want to. For example, pepper-spray or foam to their eyes may give you a little extra time to escape. If you take any type of weapon, be sure that you stay in control of it. We don't want your abuser to use it against you.
- \* Shoes on your feet and a coat if one is needed are also good, but getting to freedom is the most important thing. If you cannot grab those things when leaving in a hurry, don't worry about them. Do what you need to do to survive.
- \* If you have contacts written down somewhere that would help you in leaving and you are able to, grab that. If not, 911 is an easy number to remember and every other contact can be found later.

**How are you going to cover your tracks?**

- \* If there is more than one vehicle at the home, you could grab all of the keys so that they can't come after you in another vehicle.
  
- \* If you're on foot, hide if you can do it safely. Run in a straight shot if hiding would put you in more danger.
  
- \* If possible, use cash instead of cards and don't go to people that the abuser knows.

**Who can support you in your effort to leave?**

- \* 911 is your best bet initially, unless you already have a plan in place. You can get more resources once you're in a safe location.

**After you're in a safe location:**

- \* Talk to your local Crisis Center, battered women's shelter, police department, etc. to learn about your options.
  
- \* Evaluate your individual situation. Are you safe in a hidden shelter locally? Do you need to get farther away than that? (Note: There are people who will transport you farther away if need be. See *Leaving an Abusive Relationship Barriers & Ideas* for more information.) If you work, should you quit your job? If you are a parent, should you keep your kids in their schools or pull them out? (Some shelters offer homeschool options to help you hide. If you are going to keep your kids in their schools, consider getting a protection order.)
  
- \* Create another safety plan.
  
- \* You may need to change jobs, schools, churches, clubs, etc.
  
- \* Plan to continue using cash or get a prepaid debit card. (If you stay in a shelter, you shouldn't need money right away.)
  
- \* If you still have your cell phone, I recommend getting the information off of it and getting rid of it. If you must keep it for evidence, pull the battery out. Get a different prepaid phone to use. (Tip: Phones without internet capabilities are harder to track.)

## SAFETY PLAN

# LEAVING IN A HURRY

\* If you have internet access, change social media passwords to something your abuser wouldn't know. Changing your passwords will hopefully prevent your abuser from getting into your accounts and trying to use them as a weapon against you.

\* Stay off of social media while you're hiding.

\* You can create a false trail if you believe it is necessary. Reserve or rent a hotel room, set up appointments to view properties with real estate agencies, visit schools,

etc., in a city hours away from where you plan to go. Ask them questions that will require them to call you back. Give them the phone number your abuser has access to, not the number to the place you are going. *Warning:* Do not make these phone calls before you leave. If anyone calls you back while you are still with the abuser, or if the abuser is able to check your phone to see what numbers you have called, the abuser would be tipped off that you are preparing to leave, which could put you in great danger.

Where will I go?

---

---

---

---

What will I take with me? (Can I safely put these things together in a container so that I can just grab one thing if I need to run? Or can I store it somewhere other than home?)

---

---

---

---

How am I going to cover my tracks?

---

---

---

---

Who can support me in my effort to leave? 911 or

---

---

---

---

Do I believe a false trail is necessary? If so, what can I do to create one once I'm safe?

---

---

---

---

What/Who am I fighting for?

---

---

---

---