

When Preparing To Leave a Relationship

- I can request police stand-by or escort while I leave. I can call my police district.
 - I can create a false trail. I can make inquiries at motels, real estate agencies, or schools in a town at least six hours away from where I am actually located. I can ask them to call me back with answers in order to leave phone numbers on record, and make my abuser think I have gone off to a different place.
 - If I leave my home, I can go to (list four places/homes of friends or family):
 - I can rely on _____ and _____ to be my support people. I tell them about the violence and ask them to call the police if they hear suspicious noises coming from my house.
 - I can leave extra money, car keys, clothes and copies of documents with
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If I leave, I will bring:

- √ Identification √ Welfare Identification √ Birth Certificates
- √ Passports, Green Cards, Work Permits √ Social Security cards
- √ Divorce papers √ School and medical records √ Lease/rental agreement
- √ Money, bank books, credit cards √ House deed, mortgage payment book
- √ Keys: house/car/office √ Current unpaid bills √ Driver's license and registration
- √ Insurance papers √ Medications √ Address book
- √ Children's favorite toys, blankets √ Change of clothes
- √ Threatening letters from my abuser, or other evidence

- To ensure safety and independence, I can: keep coins for phone calls with me at all times; open my own savings account; practice my escape route with my children and support person; and review safety plan on _____ (date).
- I will sit down and review my safety plan in order to plan the safest way to leave the residence. _____ (Domestic violence advocate or friend) has agreed to help me review this plan.
- I will have a backup plan in case my first plan does not work.