



Safety Measures While You're in an Abusive Relationship

If you are living with a person who is abusing you, here are some things you can do to ensure you and your children's safety.

1. Have important phone numbers memorized - friends and relatives whom you can call in an emergency. Discuss safety planning with your children. If your children are old enough, teach them important phone numbers, including when and how to dial 911.
2. Keep change for pay phones, a pre-paid calling card, or a charged cell phone with you at all times.
3. If you can, open your own bank account.
4. Stay in touch with friends. Get to know your neighbors. Resist any temptation to cut yourself off from people - even if you feel that they don't understand or you just want to be left alone.
5. Rehearse your escape plan until you know it by heart.
6. Leave a set of car keys, extra money, a change of clothes and copies of the following documents in a safe place, or with a trusted friend or relative.

Important Documents

- Your/your children's birth certificates
- Social security cards for all family members
- Your driver's license
- Your children's school and medical records
- Bank books
- Welfare identification
- Passports or green cards
- Lease agreements or mortgage payment books
- Marriage certificates/Divorce decrees
- Titles to cars, houses, or other property
- Insurance papers
- Important addresses and telephone numbers
- Extra prescription medication
- Copies of protective order
- Evidence of the abuse (photos, journals, medical records, police reports)
- Any other important paperwork