

It's important to know what to do if you are in or planning to leave an abusive relationship. Many times the abuse becomes more violent when an abuser suspects his or her partner is leaving and after he or she has left. It's also important to consider a workplace safety plan. Planning ahead may help you reduce the risk of violence.

If you are living with an abusive partner:

- › Avoid rooms with no exits, or rooms with potential weapons (like the kitchen).
- › Be aware that your partner may attempt to track you electronically (checking web history, calls, text messages, etc.).
- › Hide documentation of abuse in a safe place. Consider storing with a friend, relative, or in a place the abuser can't access.
- › If you have contact with law enforcement, get the name and badge number of the officer(s) you talk to.

If you are planning to leave:

- › Know how to get into a shelter or other safe place before you go.
- › Go to a hospital or police station if a family member's home or shelter is not an option.
- › Collect important phone numbers you'll need.
- › Keep an extra set of car keys.
- › Safely store medical records, pictures, journals or police reports that document the abuse.
- › Try to put aside emergency money.
- › Pack a bag of clothes to take with you.
- › Teach your children about escape routes.
- › Practice getting out safely.
- › Open a bank account in your name only.

Consider taking the following items when you go:

Identification

- › Driver's license / passport
- › Social security card / birth certificate
- › Insurance information

Financial information

- › Credit cards/ATM cards
- › Checking / savings account information
- › Savings bonds
- › Partner's employer information

Legal documents

- › Copies of protective order, if you have one
- › Records of prior abuse
- › Medical and school records
- › Separation/custody records
- › Marriage license
- › Rental agreement/deed to home
- › Power of attorney/will

Other

