



## Safety When Preparing to Leave

There are laws to protect you from violence and shelters to help you when you decide to leave your partner. If you have children, they need you to protect them. It takes great courage to leave an abusive relationship. Even if you think the abuse won't happen again, it is important to plan ahead, including planning where to go and how to get there.

- Call a shelter or hotline for help with making a plan to leave
- Keep the telephone number handy
- Tell someone you trust about the violence
- Hide all important papers (birth certificate, Social Security cards, Medi-Cal cards, etc.). Keep them in one place so you can take them when you leave
- Put aside as much money as you can each week for when you leave
- Leave an extra set of keys with someone you trust, as well as copies of important documents, extra medicines, and clothes
- Keep your cell phone charged
- Decide what you will take with you. Keep the list short but include one special toy or blanket for each child.
- Determine who would let you stay with them or lend you money for a place to live if necessary
- Review the safety plan yourself and with your children as often as possible in order to plan the safest possible way to leave
- Always remember, leaving a batterer is often the most dangerous time for women experiencing intimate partner violence