

**Safety When Preparing To Leave**

People experiencing abuse frequently leave the home they share with the perpetrator. Leaving must be done with a careful plan in order to increase safety. Perpetrators often strike back when they believe they are losing control over their partner. I can use some or all of the following strategies to keep make me safer:

I will leave money and an extra set of keys with

so that I can leave quickly.

I will keep copies of...

important papers and documents or an extra set of keys at

I will put together an escape bag and

and leave it ..... (where)  
or with .....(who)  
*(see below for suggestions)*

I will open a savings account by...

to increase my independence.

Other things I can do...

I could speak to someone when I am feeling down  
I could speak to someone at WORTH (07834 968539) regularly  
The 24 hour National Domestic Violence Helpline number is 0808 2000 247.

I will check with....

.....and.....  
to see who would let me stav with them or lend me monev in an emergencv.

I can leave extra clothes with...

I will sit down and review my safety plan every...

to plan the safest way to leave the house.  
(IDVA or friend)  
has agreed to help me review this plan.

I will rehearse my escape plan and, as appropriate, practice it with my children

**Checklist for Escape Bag:**

- Passport
- Birth and Marriage Certificates
- Benefits book
- Medications
- Address Book
- Money
- Credit Cards

- Change of clothes for you all
- Children's special blanket or toy
- Keys (House, Work, Car)
- Divorce Papers
- Copy of Injunction
- Items you can't live without
- Driving License