

You must decide if and when you will tell others that your partner has abused you and that you may be at continued risk. Friends, family and colleagues can help to protect you. You should consider carefully which people to invite to help secure your safety.

I can use some or all of the following strategies to keep make me safer:

I can inform my boss, the security guard, and.....at work of my situation.

I can ask .....to help screen my telephone calls at work.

When leaving work, I can .....

When driving home if problems occur, I can.....

If I use public transport, I can.....

I will go to different shops to conduct my business and shop at hours that are different than those when living with my abusive partner.

I can use a different bank from that I used when living with my abusive partner.