

Protecting Yourself When You Decide To Leave

The most dangerous time for a victim of domestic violence is when the decision to leave the relationship is made. Therefore, the decision to leave must be carefully thought out and planned. A safety plan is a personal plan to increase your safety and help you prepare to leave. Always tell someone where you are going and when you plan to be back.

- Change your phone number to an unlisted number, and use an answering machine to screen your calls.
- Change locks, if your partner has a key.
- Open your own bank account at another bank.
- Get a P.O. Box so you can receive your mail elsewhere.
- Plan how to get away if your partner shows up.
- Do not meet your partner alone. Do not let your partner in your home or car if you are alone.
- Notify school, work and childcare contacts that you have left your partner, and inform them of any protective orders.
- Vary your daily and travel routine.