

Protecting Yourself If You Decide to Stay

- Develop a safety plan and rehearse what you would do if you decide to leave. Call The Women's Resource Center to End Domestic Violence at (404) 688-9436 or a Victim Advocate in the Solicitor-General's Office at (404) 371-2201 for assistance in developing a safety plan. You can also visit: <http://www.wrcdv.org/>
- Think of a safe place to go if there is an argument. Avoid rooms with no exit, like the bathroom, or rooms with weapons, like the kitchen.
- Talk with someone you trust. Share your safety plan with them. Establish a code word or signal in case you need them to call for help.
- Talk with your children and develop a signal to alert them to get to safety and get help.
- Program your cell phone to speed dial 911.
- Keep a diary of the abuse and threats.
- Memorize all important phone numbers and bank account numbers.
- Pack an emergency bag and leave it in a safe place or with a trusted friend or relative.
- Protect your face with your hands and arms if your partner hits you.
- If knocked down, curl up in a ball to protect your head, face, and stomach.
- Back the car in the driveway and keep it filled with gas. Keep your driver's door unlocked.