



Technology Safety

Safety Plan While in an Abusive Relationship

- If weapons are kept in your home (i.e., guns, ammunition, knives, etc.), try to hide them from the abuser. Do not hide the weapons if you feel it will further jeopardize your safety. If hiding the weapons isn't possible, try to make them inaccessible.
- Think about your home; identify the areas that are easiest to escape from and are free of potential weapons. Try to move to these areas during an argument. Avoid going to rooms like the kitchen where there are knives and other potential weapons and the bathroom that has hard surfaces and most likely doesn't have a second exit.
- Try to have a phone accessible at all times. Consider hiding a pre-paid cell phone to use during an emergency. Inactivated phones may be used to dial 911.
- Create a code word to use with friends and family in order to communicate to them that you need help.
- If an abusive incident seems imminent, trust your judgment. Sometimes it is best to leave; sometimes it is best to go along with the abuser.
- Make a habit of backing your car into the driveway. Try to always have some gas in your car. Keep the driver's door unlocked and lock all other doors. Have a copy of the car key made and hide one in the car.
- If leaving is not possible, try to move into safe areas of the home and make yourself physically smaller by curling into a ball and covering your head and face with your hands.

Safety Plan While Preparing to Leave an Abusive Relationship

- Be aware that cell phones contain GPS tracking devices. If possible, plan to get a new phone and new service plan when you leave.
- Know that leaving an abusive relationship can be the most dangerous time for you.
- Try to set aside money, even if just in small amounts. Start your own savings or checking account. Use the address and phone number of a trusted friend or family member while setting up the account.
- Have a packed bag ready. Keep it hidden somewhere the abuser would never think to look. Leave the bag with a friend, family member, or at work if possible.
- Items/documents to take:
 - Birth and marriage certificates
 - ID and social security cards
 - Keys
 - School and medical records
 - Green cards, work permits
 - Protective order,
 - divorce papers,
 - custody orders
 - Bank papers and credit cards
 - Medicine for both parent and children

If you have a protective order, always keep a copy with you. Make and keep copies for work, your car, and your home. Call the police and document every time the protective order is broken.

Safety Plan After Leaving an Abusive Relationship

- Consider letting friends, neighbors, and co-workers know about your situation and ask for their help in keeping safe.
- Try to carry a cell phone with you and program it to dial 911. If you don't have minutes on your cell phone you can still dial 911.
- Change your regular travel habits. Try not to frequent the same stores or businesses you did when with the abuser.
- If you are staying in the home where the abuse happened, consider changing the locks.
- If the abuser comes to your home, you do not have to let them in. Keep the doors closed and locked and call 911 immediately.