Victims and Potential Victims
Must Develop
Three Different Plans

A Safety Plan – Where to go in your house and what to do when you and/or your children are threatened by your partner’s violence and abuse.

Escape Plan – An emergency plan for leaving your partner in hopes of eliminating another episode of violence/abuse.

Protection Plan – After leaving or having your partner arrested, a plan for keeping him/her from contacting you.

Safety Plan
Avoid arguments with your partner in areas with potential weapons; kitchen, bathroom, garage

Be aware of areas in your home where you can leave immediately

You can yell for help or have notification devices available: cell phones, emergency alarms, sirens

Warn children to stay out of adult conflicts

Escape Plan
If you have time, leave when your partner is not around

Pack a bag and hide it with extra money, credit cards, legal documents

Know escape routes: doors leading to the outside, basement exits, stairwells, elevators, what windows you can jump safely from

Keep gas in your car, hide an extra set of car and house keys

Practice your escape plan
Protection Plan

After leaving the abuser, plan to keep him from contacting you. The Criminal Court/Family Court can issue a Restraining Order/Stay Away Order which will arrest him for contacting you.