

**A Safe Escape From A Batterer/Abuser**

**How To Get Away**  
*from your*  
**Partner's Violence & Abuse**

**Developed by Kenn I. Hicks, LCSW**

**National Trainer/Lecturer & Author**

*Licensed Clinical Social Worker & Domestic Violence Counselor*

*(818) 788-8667 / E-Mail: [mrh384@aol.com](mailto:mrh384@aol.com)*

*Website: [domesticviolenceprevention.org](http://domesticviolenceprevention.org)*

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## **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.



Illustrations by Channing Bete Company  
National Teen Dating Abuse Helpline: 1-866-331-9474  
Domestic Violence Hotline: 1-800-799 – (SAFE) 7233  
Batterers Group Helpline: 213-351-0359

## **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

Decide ahead of time on a safe place in the house where the children can go when they feel unsafe



## **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.

