

Safety While Living With an Abuser

Safety plans help survivors anticipate the dangers they still face. Before you attempt to leave or take any legal or financial steps to separate from your abuser, you should be aware that the danger of violence escalates when an individual attempts to leave. No survivor/victim has control over their partner's violence, but you can find ways to reduce your risk of harm.

Here are a few tips to help aid your safety plan.

- Trust your instincts when it comes to your personal safety.
- Identify your partner's use and level of force so that you can assess the risk of physical danger to you and your children before it occurs.
- Identify safe areas of the house where there are no weapons and there are ways to escape. If arguments occur, try to move to those areas.
- Don't run to where the children are, as your partner may hurt them as well.
- If possible, have a phone accessible at all times and know what numbers to call for help. Know the phone number to your local shelter. If your life is in danger, call the police, they can also connect you with a local shelter.
- TIP: Turn the ringer off or on vibrate so your abuser does not become aware of the phone. Program 911 and other safety numbers into the speed dial. You can also choose to use 5 quick clicks of the side button on your iPhone to call 911.
- Let trusted friends and neighbors know of your situation and develop a plan and visual signal for when you need help.
- Tell your children that violence is never right, even when someone they love is being violent. Tell them that neither you, nor they, are at fault or are the cause of the violence, and that when anyone is being violent, it is important to stay safe.
- Practice how to get out safely.
- Keep weapons like guns and knives locked away and as inaccessible as possible.
- If you have difficulty with verbal communication or it is unsafe to talk, you can text 9-1-1.
 - Include your exact location and nature of your emergency
 - Use clear, simple language — no abbreviations or slang
 - Do not include photos or videos in your text
 - Put phone on silent if incoming messages will sound and compromise your safety
 - Do not text and drive