

## Safety Planning – Other Things To Consider

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- Consider giving the person who is abusive what he/she wants during an incident to calm them down until you can get to safety
- Have several plausible reasons why you need to leave the house at different times of the day and night.
- Use your instincts and judgments. You are more the expert on what to expect; use what you know.
- Tell your children that violence is never right even when someone they love is being violent. Tell them it is not your fault or their fault that the abuse is occurring. Teach them how to keep themselves safe.
- Plan for what you will do if your children find out you are planning to leave and they tell your partner.
- Develop a habit for not wearing scarves or long necklaces that could be used to strangle you.
- Keep weapons (guns, knives) locked up or as inaccessible as possible.
- Begin to acquire job skills or taking a course at the local college.
- Get in the habit of being familiar with your surroundings. Check buildings before you enter and after you leave.
- Develop an individual safety plan with each of your children.