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THE GREAT ESCAPE

1. If you are in immediate danger, call the police.
2. Develop an escape plan that doesn't include confronting your abuser.
 - Most people have a routine or schedule. **Know your abuser's schedule.**
 - **Plan to exit during a time that will give you the best opportunity to get away.**
 - Let a trusted family member, friend, coworker, or neighbor know your situation.
 - Cut all electronic devices off, and check for air tags or tracking devices.
3. When it's time to sneak away, be prepared. Plan for how and where you will escape. If possible complete a dry run.
 - Back your car into the driveway and keep it fueled. keep your driver's door unlocked and other doors locked for a quick escape.
 - Hide an extra set of car keys.
 - Pack a bag. Gather important documents " medical records, birth certificate, driver's license." Store them at a trusted friend or neighbor's house.
 - Try to avoid using the homes of next-door neighbors, close family members, and mutual friends.
 - Try to set money a set. Use Cards as little as possible.
4. Contact your local battered women's shelter and know about laws and resources available to you before a crisis.
 - Ask about free burner Phones -to help you make calls and handle business.
 - Ask about hide-away houses and Government assistance.
 - If you are staying in the state, ask about protection orders.
 - If you plan to leave the state, ask about transportation vouchers.
 - plan with your children and identify a safe place for them to go for help.
5. Keep and share evidence. If your abuser plays victim especially when children are involved. It is best to leave a trail or timeline on abuse with trusted family and friends.
 - Keep evidence of physical abuse like pictures
 - keep a journal of all violent incidents.
 - Make copies and leave them with family and friends.
 - Leave the burner phone number with family and friends you trust.
6. Be careful when reaching out for help via the Internet or telephone.
 - Erase browser history, emails, call log, or dial another number immediately after.
7. Create a false trail.
 - Call motels, real estate agencies, and schools in a town at least 6 hours away from where you plan to relocate.
8. Understand this is the first step of many more first steps, but it's a powerful step!
 - Your life is worth it
 - Your child (ren) lives are worth it.

**This is not Professional Advice, Contact 1-800-787-3224
For a professional to assist with your escape plan**

