

## **Create a Safety Plan** in the event that you are abused:

**Tell others you trust**, such as friends, family, neighbors, and co-workers, what is happening and talk about ways they might be able to help.

**Memorize emergency numbers for local police (such as 911)**, support persons and crisis hotlines.

**Identify escape routes and places to go** if you need to flee from an unsafe situation quickly.

**Talk with your children** about what they should do if a violent incident occurs or if they are afraid.

**Put together an emergency bag** with money/checkbook, extra car keys, medicine, and important papers such as birth certificates, social security cards, immigration documents, and medical cards. Keep it somewhere safe and accessible, such as with a trusted friend and/or a bank safety deposit bank.

**Trust your instincts**—if you think you are in immediate danger, you probably are. *Get to a safe place as soon as you can.*

**Seek medical attention** if you are hurt. Hospitals and satellite emergency departments are required to provide care and information to sexual assault victims about emergency contraception and the contraceptives upon request.

**Keep a written record** of the abuse.

**Know your legal rights**, there are laws in place to help and protect you.