

SAMPLE ESCAPE PLAN



Unfortunately, many individuals are suffering from domestic violence. Too many feel that they are trapped. It's important for them to know there is a way out of their abuse. However, it's important to develop a plan of escape to ensure safety.

The first step is to develop a safety plan. It's important for individuals to locate a safe place away from their abuser, such as with family or friends, where the abuser would be reluctant to follow. Here are 5 things to do to create a safety plan :



1

Set aside money in a safe place and make copies of important documents such as birth certificates, social security cards, and passports.

2

Create an emergency bag containing items such as a change of clothing, medications, keys, copies of important documents, and cash.

3

Develop code words that can be used with family and friends to signal danger or the need for assistance.

4

Memorize important phone numbers of people who can provide support, such as law enforcement, a local domestic violence hotline, or an attorney.

5

If possible, tell someone what is happening and let them know when you plan to leave so they can be aware of the situation.

In addition to creating a plan, it's important to take steps to stay safe. Consider changing your daily routine so that you can avoid places and situations where there may be danger. Stay alert and tuned into your environment for signs of potential danger, such as an abuser following you or waiting outside your workplace or home. If you can, carry a weapon such as pepper spray or mace for self-defense. If a dangerous situation arises, please call 911 right away or seek help from people you trust.

Domestic violence is a serious issue that affects many individuals. It takes courage to stand up and take steps to escape an abuser. Developing a plan of safety and taking steps to stay safe can help individuals who are in an abusive situation. With the right plan and support, it is possible to escape domestic violence and rebuild your life.

It's also important to know the laws that protect you and your rights. Learn more about domestic violence laws in your state so that you can take steps to protect yourself legally if needed. Most importantly, don't be afraid to reach out for help. There are resources available to survivors of domestic violence who are looking for support and assistance in a safe and confidential way. Nobody should have to suffer from domestic violence. With the right planning and support, individuals can build a life away from their abuser.

This is just a sample of an escape plan and is not intended to be a definitive solution. Every situation is unique, so it's important for individuals to work with an expert to develop an escape plan tailored to their specific needs. Additionally, it's important to seek help from organizations that specialize in domestic violence services and resources in your area. Don't hesitate to reach out for help if you are in an abusive situation. Domestic violence is a serious issue, and support is available for those who need it. Together, we can make a real difference in the lives of those affected by domestic violence.

If you or someone you know is suffering from domestic violence, please reach out to us at 919-791-5578 or via email at info@slidfnd.org.

www.slidfnd.org
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You deserve to feel respected, valued and safe.