

CREATE A SAFETY PLAN



Keep a list of emergency numbers on your phone, computer, in your car, in your bag, at work and with a friend.



Have several places in mind to where you can flee - family, friends, police.



How will you get away? Car? Taxi? Public transport? A friend?



Keep a copy of important documents on your phone, your computer, at work and with friends.

Keep a change of clothes for yourself and your children at work and/or with a friend.



If you can, keep some cash aside for emergencies. Make sure you have your bank details available.



Find a supportive family member, friend or colleague in whom to confide.

