



SAFETY PLANNING 101

Key Things to Remember to Stay Safe

24Hr Crisis Hotline: 281-286-2525

___ Observe the abuser's behavior and what will cause them to be violent. Avoid triggers if possible.

___ Build a support system. Create a code word or phrase with family and friends to let them know if you are in danger.

___ Inform neighbors of the situation if it is safe to do so.

___ Do not hesitate to call 9-1-1.

___ Become familiar with local resources that can help in your situation, incl. how to get a protective order.

___ Try not to get trapped where there is no exit or where there may be weapons.

___ Discuss a safety and exit plan with your children and make sure they know how to call 9-1-1, stay out of a fight, and hide or exit the home for their safety if there is a violent incident.

___ Make sure anything that can track your location on your phone is turned off— like the "Find My iPhone" app.

___ Avoid rooms where there is no exit or where there may be weapons.

___ Establish a code word or phrase with family and friends to let them know you are in danger.

___ Keep clothing, important documents, medications, keys, and some money (if possible) in a safe, easily accessible location.

___ Seek out a place to go. This can be a friend, family member, hotel, or call **BATP's 24-hour hotline for shelter: 281-286-2525**. Plan your leaving time and arrange or seek assistance arranging transportation.

___ If your phone is damaged, remember important phone numbers (for friends, family, work, etc.).

___ Contact local authorities for civil standby if needed.

___ Be aware of your abuser's schedule so you can determine a safe time to leave.

___ Do not leave a paper or internet trail. Write everything down, **save evidence to a flash drive**, and clear your browsing history, especially if you sought help online.

___ If you call out for help via your phone, call another number immediately after in case your abuser hits the redial button.

___ If you feel like your abuser may try to find you, talk with a local shelter about helping you find shelter further away to throw the abuser off your track

___ Make sure anything that can track your location on your phone is turned off— like the "Find My iPhone" app.