

Escape Plan Tips

Be Prepared for a safe escape! You don't want to have any distractions when you are ready to leave.

- **If you are in IMMEDIATE DANGER - Call 911!**
- If you are not in immediate danger, create a safety plan for peace of mind.
- Put together your Escape Bag (see list). Keep in a safe place or, if possible with a close trusted relative or friend to avoid discovery or creating any suspicion.
- Take photos of the suggested documents on the escape list and securely store them on a USB stick or digital file.
- Create a safe word and visual signal with trusted family, friends and co-workers should you find yourself in a dangerous situation and are unable to speak freely.
- Be safe and cautious of ALL your online and phone activity. Use a safe device at a relatives, at work or a public library if possible.
- Turn off your phone's location to avoid being found or tracked. It is also best if you can turn OFF your phone when not in use.
- Use an old phone that works, but is not on a plan, charged and hidden for emergency. If a phone works, you can call 911 from it without a plan.
- If you have your own vehicle, take it to your local police department or mechanic shop to have them check for any tracking devices.
- Create a NEW secret email to use for documentation, new accounts info and use the new secure storage (eg. Cloud, Google Drive, OneDrive, etc.)
- Be cautious of sharing plans with children if concerned they may tell their abuser. Have a plan should your abuser find out.
- Make a list of emergency contacts and memorize them. You need to be ready to leave at a moment's notice should your abuser snap.

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- Change all your accounts, user names and passwords on a safe device.
- Be sure you are documenting EVERYTHING and keep the info in a secure, safe place or on a USB.
- Purchase a SECRET burner phone or your own account/plan with a different provider. Do NOT tell anyone except safe emergency contacts IF necessary. Keep charged and hidden - do not use until you've left.
- Your current phone may have tracking apps. Do not use for anything to plan your escape (no texts, calls, internet searches, apps, etc.)
- Identify safe places you can go - both in your home and outside should they begin to attack. Eg. Rooms and locations with exits, windows, phone, etc.
- BE cautious - even if the abuse hasn't been physical yet, it can change in an instant! ALL abusers are at risk to snap and become violent.
- Make spare keys and have ready with car fueled and in an unblocked position so you are able to leave for a quick escape.
- Practice your safe escape route as you would for a fire escape.
- Never hesitate to call the police or go to the doctor or hospital as needed! Always ask that they document ALL calls and visits.
- Open up a confidential, separate bank and credit card account in YOUR name only.
- Take photos of all injuries, property damage, secretly record outbursts, threats and any phone calls. Store on USB or safe/secret device/acct.
- As difficult as it may be, inform your employer of your situation. They can be a great support and possibly implement a safety plan for you.

Financial Escape Plan Tips

IF ACCESS TO MONEY IS LIMITED OR YOU ARE BEING FINANCIALLY ABUSED

- Always put aside cash when you can. If you are working, ask your employer if they can provide you with two checks - One to be for a partial amount (eg. \$50) to put into your OWN NEW bank account.
- If your abuser gives you cash, a debit or credit card for groceries, take an additional \$10-\$20 (or more if possible) cash back each time and hide it or purchase pre-paid cards so it is untraceable when you leave.
- Take photos of the suggested financial documents on the escape list and securely store them on a USB stick or digital file.
- Purchase a PO Box or use a close, trusted family or friend's mailing address to have any mail, banking info, etc. sent to.
- Open your OWN bank account, line of credit, debit and credit card(s).
- When you are ready to leave, notify your bank(s), credit card suppliers, mortgage, etc. ,to get print outs or emails of CURRENT balances. You may want to explain your situation so they can put a flag or note on your accounts so it is documented.
- Once you have secured a new bank account, credit card(s), line of credit and anything else you are eligible for IN YOUR NAME ONLY, have your name removed from any credit cards or line of credits in which they can use. You don't want to be responsible for that additional debt incurred after you leave.
- Contact a financial adviser or trusted financially savvy family or friends to help guide you through your current financial situation.
- Contact an attorney. They can help guide you through the process and help secure shared financial property as needed.
- If renting, take photos of the property BEFORE you leave to show condition of the property before you left in case your abuser destroys property and they try to come back at you for damage deposit.

Escape Bag List

Be Prepared for a safe escape! If possible also scan and upload to a flash drive or your OWN cloud storage. You don't want to have any distractions when you are ready to leave.

PAPERWORK

- Birth Certificates
- Social security | SIN
- Passports
- Driver's License
- Marriage | Divorce
- Welfare ID
- School Records
- Car title, reg & insur.
- Mortgage or lease
- Journal/notes
- Other Photo ID's
- _____

FINANCIAL

- Bank + CC Balances
- ATM & Credit Cards
- Cash
- Invstmnt Papers/Info
- Check & Bank Books

MEDICAL

- Health Ins. & Cards
- Medical Records
- Medications | Devices
- List & Copies of RX's
- Imunization Records

LEGAL DOCS

- Green Card
- Custody orders
- Legal Portective Ord.
- Restraining Order
- Work Permits
- Immigration Papers
- Records Police Reprts
- Evidence of Abuse
- Life Insurance
- Wills
- Safety Dep. Box Info
- _____

COMMUNICATION

- New Cell Phone
- Chargers
- Create new email
- List of ALL Contacts
- Pre-Paid/Calling Card

PERSONAL

- Pictures/Photos
- Small Child's Toys
- Keepsakes
- Jewellery (keep or sell)
- Clothing | Underwear

OTHER

- Pets (Arrangements)
- Pet Supplies | Papers
- All keys (hm,car,PO)
- Valuable (sell?)
- Laptop/tablet/chrgrs

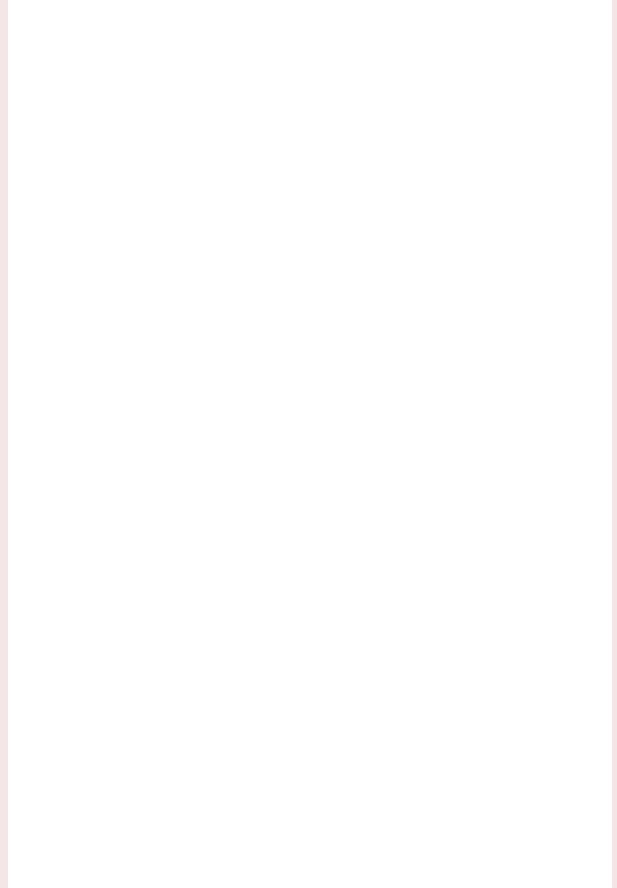
Event Documentaion Notes

Date: _____

EVENT | SITUATION DETAILS:



SUPPORTING DOCUMENTATION:



NOTES:

