

# 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.