



Safety Planning for Women in Rural Areas

SAFETY WHEN PREPARING TO LEAVE

- Open a savings or checking account in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust so you can leave quickly.
- Determine who would be able to let you stay with them or lend you some money.
- Keep the shelter phone number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- Make arrangements for any pets to be cared for in a safe location.
- Acquire a post office box in your name.
- Review your safety plan as often as possible in order to plan the safest way to leave your batterer. **REMEMBER - LEAVING YOUR BATTERER IS THE MOST DANGEROUS TIME.**