**I am going to stay**

**I can leave**

If I decide to leave, I will .

(Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)

I can keep my purse and car keys ready and put them so I can leave quickly.

I will leave money and an extra set of keys with so I can leave quickly.

I will keep copies of important documents or keys at .

**I can get help**

I can tell about the violence and request they call the police if they hear noises coming from my home.

I can teach my children how to use the telephone to contact the police and fire department. I will make sure they know our address.

If I have a programmable phone, I can program emergency numbers and teach my children how to use the auto dial.

I will use as my code word with my children or my friends so they will call for help if needed.

If I have to leave my home, I will go to .

If I cannot go to the above location, I can go to .

The domestic violence program hotline number is I can call it if I need shelter.

If it’s not safe to talk openly, I will use as the code word or signal to my children that we are going to go, or to my family or friends that we are coming.

**I can use my judgement**

When I expect my partner and I are going to argue, I will try to move to a space that is lowest risk, such as

. (Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without an outside exit.)

I will use my judgment and intuition. If the situation is serious, I can give my partner what he wants to try to calm him down. I have to protect myself until I/we are out of danger.

I also can teach age-appropriate strategies to my children.