

Stay Safe if you're in an abusive relationship!

If you're living with a person who abuses you or your children, you should take steps to ensure your safety. Here are some tips:

Memorize friends' and relatives' phone numbers in the event of emergencies. Teach your children how to contact them and how to call 911.

If possible, open your own bank account.

Stay in touch with friends; get to know your neighbors. Do not cut yourself off from other people.

Develop and rehearse an escape plan until you know it by heart.

Leave a set of car keys, money, clothing and copies of the following documents with a person you trust:

- Your and your children's birth certificates;
- Your children's school and medical records;
- Bank account information;
- Government assistance identification;
- Passports or green cards;
- Your Social Security card;
- Lease agreements or mortgage payment info;
- Insurance papers;
- Important addresses and telephone numbers;
- Any other important documents, and;
- Keep a diary of the abuse you have suffered.

Hide this pamphlet from your abuser.

After you left the relationship!

Once you no longer live with the abusive partner, here are some actions you can take to ensure your safety:

- **Change the locks;**
- **Install as many security features as possible, such as an alarm system;**
- **Let neighbors know that your former partner is not welcomed on the premises;**
- **Ensure others know clearly who is and who is not allowed to pick up your children;**
- **Obtain a restraining order;**
- **Inform co-workers about your situation;**
- **Avoid places you frequented when with your abuser, such as businesses and store, and;**
- **Seek counseling.**



Paul D. Connick, Jr.

Jefferson Parish District Attorney
Victim-Witness Assistance Program
Family Violence Prosecution Unit
200 Derbigny Street Gretna, LA 70053
(504) 368-1020 . www.jpda.us

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