

PLANNING YOUR SAFETY OUTSIDE THE HOME

- Take a self-defence course that teaches awareness, avoidance and action
- If you use an elevator, stand by the door near the controls and keep your back to the side wall, this gives you easy access to the control panel
- Inform your boss, security persons, friends, teachers and/or co-workers about your situation
- Give a picture of the abuser to these people if they do not know what he looks like
- Give these people a description of the abuser's car
- Request that all visitors and/or phone calls to you are screened
- Change your work or school schedule if possible
- Do not work or study alone or during off-hours
- Change your route to work or school
- Park your car in a secure, well lit area
- Ask someone to walk you to your car
- Keep your car doors locked and do not get into your car with out checking the back seat
- Have your car keys in hand
- Be alert to your surroundings
- If possible invest in a alarm system for your car
- If you use public transit, sit by the driver and use the designated waiting area at the subway
- Avoid secluded areas
- Carry a cell phone with you at all times and if you use it for 911, tell the operator where you are first and then if you have time you can explain why you are calling
- Beware of areas in which you do not get cell service i.e. elevators, subways

- When you are getting ready to leave your home, think about the route you will be taking and where you could go for help if you need it i.e. fire hall, police station, store
- Purchase a personal alarm and have it readily available
- Change the places you shop, bank, and your gym or change the day and times you normally use them
- Think about what you would do if the abuser confronts you.

NOTES: