



PLANNING YOUR SAFETY OUTSIDE OF THE HOME

- Take a self-defence course that teaches awareness, avoidance, and action
- If you use an elevator, stand by the door near the control panels and keep your back to the side wall, this gives you easy access to call for help
- Change your work or school schedule if possible
- Change your habits; go to different grocery stores, gas stations, pharmacies, etc.
- Travel on different transit routes when going to work or taking your children to school
- If possible change your family doctor, dentist, and other care professionals that you see regularly
- 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 / transit
- Keep your car doors locked and do not get into your car without checking the back seat
- Have your keys in your hand or in an accessible pocket rather than in a purse or bag
- Be aware of your surroundings
- If possible, invest in an alarm system for your car
- If you are using public transit, sit by the driver and stand close to the ticket booths when at the subway so employees can see you
- Avoid secluded areas
- Avoid walking through parks, alleyways, and other poorly lit areas
- Carry a cell phone with you at all times
- If you call 911 tell the operator where you are first so they can respond to your location even if you get disconnected
- Be aware of areas in which you do not get cell service (elevators, subways, underground laundry rooms, parking lots)
- 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 (fire hall, police station, store, etc.)
- Purchase a personal alarm online or from a department store and have it readily available. Personal alarms are typically available as a key chain that can be attached to



house keys or a purse. In the event of a violent incident you can activate this alarm to set off a large siren sound that can alert others and potentially scare off an attacker.

- Change the places you shop, bank, and which gym you go to or change the day and times you use them.
- Think about what you would do if the abuser confronts you; develop an escape plan.

Get help from others

- 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 (make, model, licence plates, colour)
- Request that all visitors and/or phone calls to you are screened