

Battered Women Escape Plan

1. Don't give out phone number, even to medical professionals. (They may call back→ this can be dangerous).
2. Don't make calls from home. (Batterer can use *69, have caller ID, or redial feature on phone).
3. Try to avoid e-mail. (If this must be used, delete all sent and received mail; erase browser history).
4. Give friend who doesn't know batterer car keys, copies of important documents, medicines, green cards, car registration, passports, custody papers, secret P.O. Box keys.
5. Make certain credit cards will not be billed and mailed to abuser (Abuser can trail you).
6. Code word with kids if you need them to call police or run to neighbor's house.
7. Keep with you birth certificates, social security cards, old restraining orders, driver's license, car registration, [rental receipts, and large ticket items]← sometimes copy of bills needed to establish credit
8. Pack bag with sturdy everyday clothing for you and kids. Pack medications and toiletry items, and extra keys to house and car. (Store and friend's house).
9. Take meaningful item of child (toy, doll, book).
10. Don't register to vote for a number of years. (You can be tracked).
11. Avoid department of motor vehicles if possible. (You can be tracked).
12. Leave abuser a note that says you've gone to Doctor's appointment or anywhere that won't arouse suspicion. (Gives you a head start).
13. Don't call anyone who your abuser knows. You can be tracked. (e.g. caller Id, *69, *57, *59).