

PREPARATIONS I CAN MAKE AS PART  
OF MY ACTION PLAN:

- Start a journal of abuse. Include dates of threats, stalking, and any property destruction. Ask someone I trust to keep it for me.
- Pack a bag with emergency money, clothing, identification, toiletries and medications for my children and myself. Hide it in a safe place I can easily get to.
- Ask someone I trust to keep copies of identification, keys and important papers for me.
- Open a new bank account. Have statements sent to an address I do not share with my abuser. Use only this account if I leave.
- Change passwords to e-mail or online accounts.
- Clear browser history on personal computer or use public computer when possible.
- Alert a neighbor that I trust to call 911 if they hear suspicious sounds or see a visible signal for help (like a towel in the window).
- Practice making an emergency escape (with my children) and traveling to the location I have chosen as a safe place.
- Join a support group or talk with a counselor.
- Make a list of other preparations I may want to consider:

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### IMPORTANT THINGS TO TAKE IF I HAVE TO LEAVE:

- Money (cash and checks)
- ATM/Credit cards
- Keys to car, house, work, post office box, etc.
- Driver's License
- Car registration
- Cell phone and charger
- Medications
- Spare glasses/contact lenses
- Other: \_\_\_\_\_

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- Other: \_\_\_\_\_

### ADDITIONAL THINGS TO TAKE IF I HAVE TIME:

- Birth certificates for self and children
- Automobile pink slip
- Lease, rental agreement or house deed
- Bank records
- Insurance cards and medical records
- Any court documents - adoption or custody records, restraining order, etc.
- Social security cards
- Welfare/MediCal identification
- School and vaccination records for myself and children
- Work ID/permit
- Passport or immigration papers
- Marriage license or divorce papers
- Jewelry
- Other: \_\_\_\_\_

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