

Referrals

Developing a Safety Strategy with Survivors

Checklist

- Identify one or more neighbors you can tell about the violence, and ask them to help if they hear a disturbance in your house.
- Are there any friends or relatives you can trust and who could give you and your children shelter for a few days?
- Decide where you will go if you have to leave home and have a plan to go there (even if you do not think you will need to leave).
- If an argument seems unavoidable, try to have it in a room or an area that you can leave easily.
- Stay away from any room where weapons may be available. If possible, get the weapons outside your home.
- Practice how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
- Have a packed bag ready, containing spare keys, money, important documents and clothes. Keep it at the home of a relative or friend, in case you need to leave your home in a hurry.
- Devise a code word to use with your children, family, friends and neighbors when you need emergency help or want them to call the police.
- Use your instincts and judgment. If the situation is dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself and your children.
- Remember, you do not deserve to be hit or threatened.

Source: adapted from Heise L, Ellsberg M, Gottemoeller M. Ending violence against women. Population Reports, Volume XXVI, No. 4, December 1999.