

**Prepare an Emergency Escape Plan:**

- Identify an escape route (window or door) and practice using it;
- Determine a room with access to an exit where you can go. Avoid rooms with no outside doors and those containing dangerous objects;
- Decide on a place to go (friends, family or shelter);
- Always have the phone close to you;
- Have a readymade excuse to go out : a routine that allows you to leave (e.g. taking the bin out);

**Notice:**

- Learn to recognize the warning signs of domestic violence: fast breathing, fist tightening, behavior and facial expressions;
- LEAVE BEFORE VIOLENCE STARTS!
- IF YOUR PARTNER HITS YOU, PROTECT YOUR FACE WITH YOUR HANDS AND ARMS. IF KNOCKED DOWN, CURL UP IN A BALL TO PROTECT YOUR HEAD, FACE AND STOMACH. SCREAM LOUD!

**If you have children :**

- Always take your children with you: your partner cannot then harm them or use them to blackmail you;
- Teach your children how to call the police (112) for help if you cannot use the phone.
- Inform your children that you may be of leaving in case of an emergency;
- TALK WITH YOUR CHILDREN ABOUT THE SITUATION AND WHAT TO DO IN CASE OF EMERGENCY



POLICE phone number:

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SHELTER address:

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SHELTER phone number:

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TAXI phone number:

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Your address:

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Your phone number:

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Keep an **emergency suitcase**/bag packed and ready to go.

**Content of the emergency bag:**

- Money
  - Spare house keys
  - Change of clothes for you and the children
  - Toiletries
  - Phone (phone cards and important phone numbers)
  - Prescription and medication
  - Important documents and cards (KELA cards, passports, bank cards)
  - Children's favorite toys
  - Others
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# PERSONAL SAFETY PLAN

