In case you have to flee your home, have the following available:

- First, ask yourself these questions:
  - Can I take my children with me?
  - Can I take my pets?
  - Can I take any important papers?
  - Can I take any emergency supplies?
  - Can I take any medications?
  - Can I take any legal documents?

- If you are staying with your abuser ask yourself:
  - If I need to flee temporarily, where will I go?
  - Will I call the police if the violence starts again? Can I work out a signal or code?
  - Who can I call in a crisis?
  - What works best to keep me safe in an emergency?
  - Is a restraining order a viable option?

- If you are leaving your abuser, ask yourself:
  - How and when can I leave most safely? Where will I go?
  - If I need to, am I comfortable calling the police?
  - When I leave, who can I trust to tell?
  - What community and legal resources will help me feel safe? Write down their addresses and phone numbers, and keep them handy.
  - Do I know the number of the local shelter?
  - What custody and visitation provisions will keep me and my children safe?
  - Is a restraining order a viable option?

- Respond to the person being abused:
  - With concern and support, such as: I am concerned for your safety; I believe what you are telling me.
  - Do not tell them what to do or intervene physically.
  - Refer them to a domestic violence agency in the community.
  - Inform them about legal protection that is available in most states under abuse protection laws.
  - If they have suffered physical harm, take them to the hospital to check for injuries.

- What is Domestic Violence?
  - Domestic violence is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Domestic violence happens when one person believes they are entitled to control another. Assault, battering and domestic violence are crimes.

- Physical Abuse: The abuser’s physical attacks or aggressive behavior can range from bruising to murder. It begins with what is excused as trivial contacts, which often escalate into more frequent and serious attacks.

- Financial Abuse: Domestic violence often escalates. It can begin with behaviors like threats, name-calling, or physical violence, such as punching a fist through a wall or damage to objects or pets. The abuse may escalate to restraining, pushing, slapped or may include punching, kicking, biting, etc. It may become life-threatening with even more serious behaviors or the use of weapons.