

If you need to leave in a hurry.

Are you thinking of walking away from an abusive relationship? Leaving can be a difficult decision, but if you fear for your safety and that of your children trust your instincts. Here are some things that will help you prepare and ensure your protection when you decide to leave.

PREPARE A BAG OR PURSE

with basic necessities and keep it in a safe place so that it can be retrieved quickly and away from your partner's knowledge.

Personal belongings:

- Spare home and car keys
- Clothes for a few days



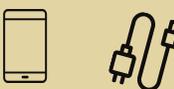
- Hygiene items, medications and prescriptions
- Children's toys and comforters



- Cash, debit and credit cards
- Pre-loaded transit card



- Cellphone and charger
- List of account passwords



Important documents for you and your children:

- Drivers licence and registration
- Social Insurance Number (SIN) cards
- Health and health insurance cards.
- Medical and vaccination records
- Birth certificates and passports
- Custody documents, court and restraining orders
- Immigration papers
- Marriage certificate

Copies or photographs of original documents if you cannot take the originals without creating suspicion

CREATE AN ESCAPE PLAN

- Make an agreement with a trusted individual you know (neighbour, friend, family, etc.) whom you can call or stay with.
- Teach your children how to get help (call 9-1-1 or the police), have money accessible for them, tell them where to go in case of danger and agree on a safe meeting place if separated.
- Look around each room in your home to know exit routes, avoiding areas that have firearms or items that can be used as a weapon.
- Be familiar with numbers that can link you to shelters and support. Use caution when storing numbers on your cell phone and/or using your computer.
- Open a bank account in your name and ensure that no bank statements or calls are mailed to your home.
- Keep your car keys or transit card, and cash with you or easily accessible.
- Keep your packed bag or purse in an easily accessible place or with a trusted friend or family.

In the event of an emergency or dangerous situation, shout as loud as possible to alert neighbours in an emergency, and dial 9-1-1 if you can.