

SAFETY DURING AN EXPLOSIVE INCIDENT

- A. If an argument seems unavoidable, try to move to an area that has an access to an exit.
- B. Avoid bathrooms, kitchens, or anywhere near weapons.
- C. Tell the kids to go to a safe place during an argument. Plan ahead with the children.
- D. Practice getting out of your house safely. Identify which doors, windows, or stairs would be best.
- E. Hide extra car keys in an accessible place.
- F. Identify neighbors you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
- G. Devise a code word or name to use with your children, family, friends, and neighbors when you need the police. Never joke about your code word and periodical remind people of it.
- H. Decide and plan where you will go if you have to leave home (even if you do not think you will need to). Have at least three options with the Safe home included.
- I. Use your instincts and judgment. You know this person probably better than anyone. ***You have the right to protect yourself and your children. Do not second guess yourself. Trust your instincts.***
- J. Always remember- **YOU DON'T DESERVE TO BE HIT OR THREATENED!**