

## **Safety During An Explosive Incident**

1. If an argument seems unavoidable, try to have it in a room or area where you have access to an exit. Try and stay away from the bathroom, kitchen, bedroom or anywhere else where weapons might be available.
2. Practice how to get out of your home safely. Identify which doors, windows, elevator, or stair well would be best.
3. Have a packed bag ready and keep it at a relative's or friend's home in order to leave quickly.
4. Identify one or more neighbors you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
5. Devise a code word to use with your children, family, friends, and neighbors when you need the police.
6. Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
7. Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he/she wants, to calm him/her down. You have the right to protect yourself until you are out of danger.
8. Always remember

**YOU DON'T DESERVE TO BE HIT OR THREATENED.**