

## (Resource list)

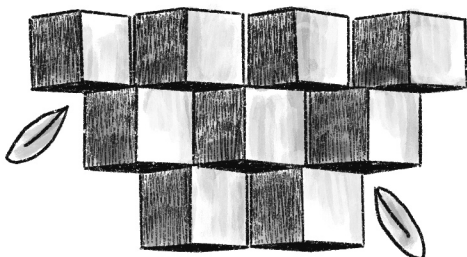
If you are worried about how or when to leave because you are pregnant, have children, don't have your own income or money, or a safe place to go, one organization you can call is the <number>. You can even call them from time to time to discuss your options and to talk to someone who understands you, even if you feel that you are not ready to leave.



## Safety planning when leaving an abusive relationship



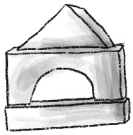
Leaving an unhealthy or violent relationship can be dangerous. Many partners escalate abusive behaviour when they know someone is planning to leave. This is why it helps to think through practical steps and strategies for your safety – this is called safety planning. You may want to write down or record your plan, but if keeping a copy is not safe, you can still think through your options. You can use this tool on your own or with someone you trust. You can also connect with a helpline or counsellor at [xxxxx], who are experienced in helping people make safety plans.



Leaving is a process, not a single action. It can take preparation to do it safely. There are things I can do to build support around me so that I can take one step at a time toward the life I want.



## Preparing to leave



### Where I will stay?

I can go to \_\_\_\_\_ (for example, a trusted person's home, an NGO, or a government-run shelter). I will save the addresses somewhere safe. I can also ask someone I trust to find out the procedure for admission to a shelter home.



### How I will get there?

I will travel by \_\_\_\_\_. (Buses in Delhi are free for women. Some NGOs may also help pay for transport.)



### Money

I can begin saving some money to help me leave, if possible. (This could include opening a savings account, hiding cash, or other safe options.)

## How do I stay safe while leaving?

- You know your situation best. Choose what feels safe and possible for you. If things don't go as planned, think through back-up options.
- What is the safest time to leave? (Notice your partner's patterns of behaviour.)
- Where will I go, and how will I get there?
- Who are the people I trust who can help me?

## Helpful strategies when leaving:

- Don't tell your partner you are planning to leave. Try to do it when they are away.
- If you must leave while they are home, think of believable excuses you could use.
- If you have to leave while in the same place as your partner, choose a public place, and if possible, have someone you trust nearby.

## Digital safety and privacy

Abusive partners often use technology to monitor or track you. You can increase digital safety by:



- Changing phone, email, and social media passwords regularly
- Updating privacy settings and turning off location, camera, and microphone on apps
- Using two-factor authentication where possible

## Emergency bag

I can pack and store essential items in a safe place, including:

- Identification documents (AADHAAR card, birth certificate, driver's licence, bank documents, passport)
- Legal papers (orders of protection, housing papers, divorce or custody papers, health insurance)
- Medicines and prescriptions

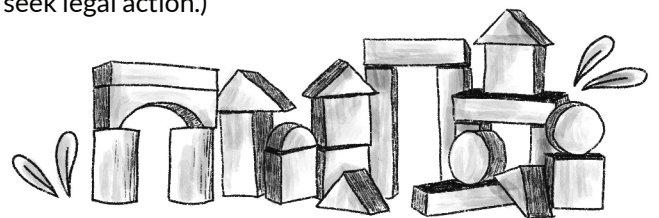


- Extra clothes, keys, phone charger, cash
- Photos or keepsakes
- Special toys or items for children

## How do I stay safe after leaving?

If you move to a transitional place like a shelter or a friend or family's home, consider:

- Do I need extra safety measures if my ex-partner might try to find me? (e.g., keep your address hidden, ask trusted people not to share it, use a new phone, and protect your digital privacy.)
- How can I make my regular places safer (like work or school)? (e.g., ask colleagues to watch out for your ex-partner, change your travel routes, and keep emergency contacts saved on your phone.)
- Can I keep a record of unwanted behaviour? (Write down dates, times, and details, save screenshots or audio of threatening messages. This can help if you seek legal action.)



- Not accepting unknown friend requests on social media
- Asking friends not to tag you in photos or posts, and to alert you if they see threats or strange activity connected with your accounts
- Having your phone or computer checked for spyware, keylogging, or tracking software by a reliable provider
- Considering a new phone and SIM card your ex-partner has never had access to