

You may decide you are not ready to leave yet. You will know what is safest for you and your children. Trust your instincts. These are some things that you could consider for your and your children's safety.

Women's Refuge advocates can support you and help you with everything that is listed here. We can still help you while you are living with the abuser.

- Find out the emergency numbers you may need - Police, Women's Refuge, Doctors, Lawyers, schools, friends and whanau/family. Keep these with you.
 - If possible get a cell phone and keep this with you. WINZ may be able to help you get a phone. Even a pre-pay cell phone with no money on it can be used to call Emergency 111.
 - If its safe, you could apply for a Protection Order (see Women's Refuge or your lawyer)
 - Develop a plan for yourself and the children- what to do if violence happens at home, or when you are out. Role play and practice the plan so you remember what to do.
 - Tell your friends and neighbours. Let them know that you have fears for your safety. Ask them to watch out, and to ring the Police if they hear anything. You could set up a code that will tell the neighbours you are in trouble e.g. ringing, hanging up, ringing again.
- Tell the abuser, friends and whanau/family that you are not going to put up with violence.
 - Get your own house and car keys.
 - Open your own bank account, and try to save some money.
 - If you have no money, talk to Women's Refuge about getting a benefit before you leave.
 - Photocopy personal documents and keep them with you.