



Safety After You Have Left the Relationship

1. Install as many security features as possible in your home. These might include new locks, metal doors and gates, security alarm system, smoke detectors and outside lights or motion detector lights. Padlock outside circuit boxes.
2. Inform neighbors that your former partner is not welcome on the premises. Ask them to call the police if they see that person loitering about your property or watching your home.
3. Make sure the people who care for your children are very clear about who does and who does not have permission to pick up your children.
4. Obtain a civil protection order or a peace order. Keep it near you at all times, and make sure friends and neighbors have copies to show the police.
5. Let your co-workers know about the situation, especially if your former partner is likely to come to your workplace. Ask them to warn you if they observe that person around.
6. Avoid the stores, banks, and businesses you used when you were living with the abuser.
7. Consider taking a self-defense course, which may help you feel more comfortable with ensuring your own safety.
8. Trace harassing phone call by dialing *57. Call the police if such calls are received and keep a log of the calls.
9. Change your phone number to an unlisted number and only give the number to trusted friends and family members.
10. Get counseling. Attend workshops. Join support groups. Do whatever it takes to form a supportive network that will be there when you need it.