



IF YOU'VE BEEN THE VICTIM of domestic violence, or you know someone who has been emotionally or physically abused, the following tips outline an escape plan to help get away from an aggressor.

THERE IS A WAY OUT

- Avoid arguments in spaces hard to flee from.
- Leave money, car keys, clothing and copies of documents with someone you trust.
- Rehearse an escape plan with your children, including a meeting place.
- If you have a restraining order, keep copies in multiple locations. Always keep a copy with you; keep a copy in the car; give your children copies. Give copies to teachers and police, with a photo of the offender.
- Call the Women's Shelter of San Luis Obispo County at 1-800-549-8989.

Don't suffer abuse again. Be prepared.

SLOPD

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