

## What You Need To Take With You When You Leave:

### Identification:

- Driver's license
- Children's birth certificates
- Your birth certificate
- Social Security cards
- Passports
- Social service cards (WIC, Food Stamps, etc.)
- Insurance cards

### Financial:

- Money and/or credit/debit cards
- Checkbooks

### Legal Papers:

- Protection Order (if you have one)
- Lease, rental agreement, house deed
- Car registration & Insurance papers
- Vehicle titles if in your name
- Health insurance records
- School records
- Divorce papers/Marriage certificate
- Custody papers

### Other:

- House & car keys
- Medication
- Cell phone/phone charger
- Pictures of you, children & abuser
- Toiletries & diapers/wipes
- Change of clothes for you & children
- Jewelry or small sellable objects

Abusers frequently keep or destroy documentation (i.e. birth certificates) as part of their control of the family, thus preventing or delaying the family's receiving benefits or housing.

We believe all people have a right to a life free of physical violence, sexual assault, verbal/emotional abuse, and restriction of personal liberties.

We believe that violence is a societal problem, a learned behavior, and with intervention and education, the cycle of violence can be broken.

We believe in the worth, dignity, and uniqueness of the individual, and we support these values through education, personal growth, self-reliance, and self-determination.

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*This pamphlet is sponsored in part by the Office of the Attorney General: Division of Victim Services.*

*CIS is available to all people without regard to race, color, sex, national origin, religion, political beliefs, sexual orientation, ability or disability.*

*The information contained within this brochure is provided by CIS for educational and informational purposes only. It is not a substitute for professional legal advice. If you have legal questions, please consult an attorney.*



## MAKING A PLAN: Stopping the Cycle of Abuse

**Toll Free 24-Hour Crisis Line**  
**1-877-864-9688**

Cody Office  
1220 13th St.  
Cody, WY  
307-272-4754

Powell Office\*  
335 N. Gilbert Street  
Powell, WY  
307-754-7959  
Fax: 307-754-4448

\*Powell office is ADA accessible



## **Safety During a Violent Situation:**

- If an argument seems unavoidable, try to have the argument in a room or area that has access to an exit and not in the bathroom, kitchen, or anywhere near weapons. Keep at least 3 feet away when in a heated conversation.
- If you have a cellphone, keep it charged and ready to call 911, if necessary. Make sure your kids know how to dial 911 in an emergency for you.
- Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.
- Have a packed bag ready and keep it in an undisclosed but accessible place in order to leave quickly.
- Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends, and neighbors when you need police.
- Decide and plan where you will go if you have to leave home (even if you don't think you will need to leave home).
- Use your own instincts and judgement. If the situation is very dangerous, consider giving the abuser what he/she wants to calm him/her down and pacify the situation for the time being and for the sake of survival. You have the right to protect yourself until you are out of danger. Don't lecture, preach, put down, belittle, blame, threaten, or argue with the abuser when they are angry. You may feel better, but the situation may get

worse.

- If the abuser gets physically close and in your face and is yelling, close your eyes and don't respond.
- Don't fight back or throw the first punch. This leads to more violence and could be turned around against you.

## **ALWAYS REMEMBER— YOU DON'T DESERVE TO BE HIT OR THREATENED!**

### **Safety When Preparing to Leave:**

- Open a savings account in your own name to establish and increase your independence.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust so you can leave quickly.
- Determine who would be able to let you stay with them or lend you some money.
- Keep the location and phone number of the house/shelter you plan to exit to close at hand.
- Review your safety plan as often as possible in order to plan the safest way to leave your batterer.
- Don't cover up the consequences of their rage and anger.
- Please remember— leaving your abuser is the most dangerous time.

### **Safety in Your Own Home:**

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.

- Tell your children's schools, daycare, etc., who can and can't pick up your children.
- Discuss a safety plan with your children for when you are not with them.
- Inform your neighbors and landlord that the offender no longer lives with you and that they should call the police if they see the abuser near your home.

### **Your Safety & Emotional Health:**

- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- When possible, call someone you can speak with to discuss your anger and hurt. The longer you wait, the more resentful you will become.
- Don't allow your insecurities, anxiety, helplessness or powerlessness to compel you to do for the abuser what they must do for themselves.
- If you have to communicate with the abuser, determine the safest way to do so.
- Don't allow the abuser to blame you— their anger and poor decisions are their own.
- Have positive thoughts about yourself and be assertive with others about your needs.
- Read books or articles to help you feel stronger.
- Decide who you can talk to freely and open to give you the support you need.
- Plan to attend available support groups at least one time to gain support from others and learn more about yourself and the relationship.