

Draw up a safety plan

Your first step should be to contact a safe house and draw up a safety plan tailored to your situation.

Here are a few suggestions.

- Once you've decided to leave the perpetrator of violence, don't let them know.
- We suggest that you don't announce your departure to the perpetrator of violence in person. If you want to let them know, make sure that you're not alone. Alternatively, choose a public and safe location such as a safe commercial area or the parking lot of a 24/7 store.
- Turn off your location tracking.
- Tell your ***trusted person** that you're leaving your home.
- If you have to return to your home, ensure that you're accompanied by police officers.

Trusted person : Make sure that this person is truly trustworthy and will à never divulge information to your partner.