

Do You Have a Family Escape Plan?

If you are being abused, you need an escape plan.

If you are afraid your children are being abused, you need an escape plan. Here are some things your escape plan can include:

- ❑ Find a friend who will help you.
- ❑ Keep a bag or suitcase packed, in case you must leave suddenly.
- ❑ Leave some money and extra keys with your friend.
- ❑ Have a secret word to tell your children and friend in case they need to call the police.
- ❑ Know where a public phone is, from which you can call for help.
- ❑ Know where your important papers are and take them with you if you must escape. (driver's license, checkbook, green card, favorite family photos, etc.)
- ❑ Make extra copies of your papers and leave them with a friend.
- ❑ Save some money for a bus or taxi or gas.

Are Women Always the Ones Who Are Hurt?

Most abusers are men, but some abusers are women. Children can also learn to abuse. If a child's father abuses his mother, the child may start to abuse animals. Next the child may abuse other children, both at home and at school. Bullies are abusers.

Abused men also can call the Florida Domestic Violence Hotline:
1-800-500-1119.

When friends and neighbors do not report abuse, the whole community is hurt. If you do not call the police when you hear or see violence, abuse can turn to murder.