Is someone you know being abused?

No one deserves to be abused physically, emotionally, sexually, or financially. There are choices. You can decide NOW how to escape the violence... decide where to go and how to get there.

Plan, even if you think there may not be a "next time."

You may have to leave in a hurry. These are some things you should leave with a safe person or a safe place: $10 or more, keys, important phone numbers and documents.

If at all possible, take your children when you leave.

Tell those you can trust about the violence. Develop a code word that tells them you and your children need to get out now. Ask them to call the police if they hear suspicious noises coming from your home. Ask the police to protect you while you gather your belongings to leave.

If you can't leave safely, keep your back towards an open space, not a corner. Avoid the bathroom, garage, kitchen, and other places where there are weapons and sharp or heavy objects.

Keep this to share with someone you know who is being abused.
Get a police report. Take photos of your injuries. This can help you later.

Trust your instincts! Call the police (911) if you feel that you are in danger.

Unlock the door to safety.

For help for you or someone you know, call 24 hours a day:

**Asian Languages & English:**

AACI's Asian Women's Home
408.975.2739

**English & Spanish:**

Community Solutions
408.683.4118

Next Door Solutions to Domestic Violence
408.279.2962

Support Network for Battered Women
1.800.572.2782

**REMEMBER SAFETY IS MOST IMPORTANT**