If you’re planning to leave an abusive relationship

* Tell other people that you plan to break up with your partner. Let them know where you will be.
* Arrange to call a friend or a counselor after you talk with your partner so that you can debrief about what happened.
* Make a list of important phone numbers. Included on this list should be emergency numbers, as well as supportive friends whom you can call when you are upset. Put the numbers of crisis lines on the list.
* Consider looking into resources at your school or in the community. Think about joining a support group or calling a crisis line.
* Change your routine. Don’t always come to school or work the same way or arrive at the same time. If you take the bus or any public transport, try to have someone with you.
* If you are alone at home, make sure the doors are locked and the windows are secure.
* Try to double date or to go out with a group of people.
* Trust your instincts. Of you feel you are in danger, call the police. Get help immediately.