

Protect Yourself! (Adapted from LAMBDA.org)

- Talk with somebody you trust - a friend, relative, someone from work, your house of worship, or a health care practitioner.
- Remember everyone deserves to be treated with respect. Don't let your partner control or mistreat you. Help is available.
- At some time you may find yourself in trouble, so be prepared and put together an "emergency kit" of things you would really need if you had to leave suddenly.

Sample Emergency Kit:

Have a emergency kit for your time of need:

Money - store some cash in a secret place where you can easily get to it. Be sure to include some coins for phone calls.

Keys - an extra set if keys should be kept in a safe place (at a friend's or neighbor's) in case you need to leave quickly.

Important papers for you and your children - birth certificates, passports, health insurance documents, photo ID/driver's license, immunization records, checkbook, medication, food stamps, social security cards, etc. (or copies of them) should be kept in a safe place.

Basic items - keep a small bag with your medicines, copies of your legal papers, an extra pair of glasses, and a set of clothes.