



Detailed and Informative Plan for Anyone That Tries To Escape a Coercive Relationship

Being in a relationship when your partner mistreats you and gets physical with you can be extremely traumatic, and many people try to leave their coercive partners, but they can't. The partners are often seen as an extreme danger, and even the partner that is mistreated often fears for their family and friends if they try to leave. Therefore, leaving a partner like this is even scarier than staying for many.

However, everyone should remember that leaving a coercive partner is definitely not impossible. Below is detailed step-by-step instructions for anyone that might have concerns or questions with leaving a coercive partner and relationships.

Thousands of women and men feel trapped in this type of relationship around the world, so we believe they will find this guide helpful.

BANKING

- Open a new bank account with a new bank, ensure that statements are online only and to a new email address that isn't linked to your phone.
- Pick up the card from the bank and hide it well. Amongst the abusers things is usually safe, as they won't go looking there. Otherwise under the sole insert in a shoe, unused board game, at work, there are many places. But if you live with an abuser, I am sure you have a good hiding spot already.
- Do not download the banking app to your phone! Start putting what you can in that account. Any birthday money from friends or family, an unnoticeable amount from your wage (talk to work), don't transfer to this account yourself. And any change you find around the house (a 600 bottle of Coke full of 2 dollar coins will save \$1,000.
- If you have debit/credit cards, report them stolen so the abuser can't access them once new numbers are provided.
- Finances to rely on are a must to ensure you don't break and run back to fake promises.

PHONE

- Buy a cheap phone for under \$50 and a spare sim, set that up and hide it, fully charged. You will need this when you turn your main one off to ensure he can't contact or track you.

POSSESSIONS

- Start sending important things that won't be noticed missing to loved ones, work or storage. Things like photos, jewellery, ID, passport etc., and not all at once, this is over time.



Kamloops Sexual Assault Counselling Centre
#601-235 First Avenue
Kamloops, BC

P: 250-372-0179

Email: ksacc@ksacc.ca

www.ksacc.ca

- For any clothes you can't carry in a bag, but you want to keep. Do a "clean out", say you are donating them and get them somewhere safe.

-If you can, start selling things worth value that you don't need and will not be noticed as missing, put that money in your new account.

WORK

- If you work, tell your boss what is happening so that they can be understanding for when the time comes and also so the abuser can't sweet talk information out of your colleagues.

- Some workplaces provide DV leave, or you could take it under compassionate leave.

- If you work for a corporation, ask for a transfer.

- If not, have your working hours randomized for a while to ensure you don't have a continuous or steady work schedule.

FAMILY AND FRIENDS

- You may have lost some by this point, but that doesn't mean that they won't try and help you. Reach out, help is necessary, especially if kids are involved.

HOUSING

- If you are currently on a lease, talk to the agent privately as they can help you getting off it.

- Start looking for somewhere once you know you are almost ready, the first agent may be able to help with this.

- Find donation groups to help you set up. If you put it out to Facebook, have someone else act for you, otherwise it will be an easy way for the abuser to track you.

- Talk to churches, anyone that helps in this instance, if you have children, you will be fast tracked.

- Move in with family or friends

- Talk to a women's shelter if the above options won't work

- DO NOT LOSE FOCUS, you are much closer to freedom than you think.

POLICE

- Let the police know of your plan in case something goes wrong. They can also help you get the remainder of your things at a later date.

KIDS

- If you have kids, you either take them with you at the time, or have someone you trust to do it.

- If they are at school, you need to let the school know in advance so that the abuser can't collect them from there, ever.



Kamloops Sexual Assault Counselling Centre
#601-235 First Avenue
Kamloops, BC

P: 250-372-0179

Email: ksacc@ksacc.ca

www.ksacc.ca

- You also need to get them out of that school early and not keep to your normal routine
- Change schools if you need to
- This advice includes preschool

ANIMALS

- If you have pets, talk to your local SPCA as they will find a free foster carer to care for your animals until you are settled.

PLANNING YOUR ESCAPE DATE

- Find a day that the abuser will be away for a few hours. Be nice leading up to the even, plan the weekend, dinner etc. This will keep the abuser's paranoia low, they will think they have you right where they want you.

PACKING

- Don't pack unnecessary crap!
- You don't need more than one brush, you don't need your toiletries, they can all be replaced ESSENTIALS ONLY! Bags are heavy.
- You want to be hours ahead before the abuser realizes what's happened.
- Do not linger, that home is not your happy place.

LEAVING

- By now you should have money in your accounts and a new phone. Your kids and pets organized, your irreplaceable belongings should be safe elsewhere, and you should know exactly where you are headed once you close the door on this chapter of your life.

ONCE YOU ARE OUT

- Change all internet banking passwords
- Change all social passwords
- Change all email addresses linked to your social accounts to the secret one you set up
- Change PayPal passwords, etc.
- Block on all social media
- Block the abusers number
- Turn that phone off and turn on the spare phone
- Contact anyone you need to from the new phone and keep your number on private.
- Change your name on social media along with your profile picture (something generic)
- Block anyone who is friends with both of you
- Get a PO Box and get your mail redirected



Kamloops Sexual Assault Counselling Centre

#601-235 First Avenue

Kamloops, BC

P: 250-372-0179

Email: ksacc@ksacc.ca

www.ksacc.ca

The abuser is the most dangerous when they realize that they have lost control of their possession (YOU)

Changing all of your social media settings and names is a must, as it is too easy to find anyone these days. If the abuser still finds you, close down all account (even temporarily), you can start fresh ones. The abuser will try anything and everything, even suicide threats to get your attention.

DO NOT FALL FOR THE GAMES as the abuser is just craving any information on your whereabouts to feel like they are gaining some control back. It is vital that you cease all contact until you are strong enough to not believe the bullshit that the abuser will use to lure you back. And you know it is bullshit, do not sprinkle glitter on your feelings.

YOU ARE WORTH MORE THAN THAT!