



In an abusive relationship, whether you choose to stay or leave, prioritize your safety with these steps:

1. **Reach out to someone you trust:** Discuss your experiences with someone reliable, such as a parent, guardian, friend, teacher, counselor, or clergy member. Sharing your situation can alleviate isolation.
2. **Develop a dating safety plan:** Think about how to stay safe in the face of dating violence. Planning in advance empowers you to protect yourself rather than figuring it out during a crisis.
3. *****Contact the police***:** If you're in immediate physical danger, don't hesitate to call the police. Many forms of dating violence are criminal offenses, and the abuser can be arrested for their actions.
4. **Obtain a restraining order with support:** Collaborate with someone you trust to secure a restraining order. This will make it illegal for the abuser to harm or contact you. This legal measure provides immediate consequences if the abuser violates the order.
5. **Explore domestic violence shelter options:** If your home is unsafe or you live with the abuser, consider seeking refuge in a domestic violence shelter. These secure locations provide temporary housing and assistance in finding a more permanent solution for you and, if applicable, your children.