

# Leaving the Relationship:

## These are some things you might like to consider:

- Stop an abusive partner checking your phone calls by using redial - just pick up the phone and push any number afterwards.
- Get together a bag of things you know you need, and leave it with a friend or family member. Make sure you include:
  - Protection Orders (if you have one)
  - Medicine, hormones, prescriptions for you and children if you have them
  - Gender affirming equipment and clothing
  - Important personal documents like birth certificates, identity papers, passports, bank details, benefit details, drivers license, medical records, any records for children if you have them.
  - Personal items that you love or have significance; photographs, jewellery, faith items, children's toys
- Put aside some money for emergency spending. Open your own bank account, separate from your partner.
- Find the emergency and important phone numbers you may need – police, doctor, lawyer, friends, family/whānau, community support groups. Keep these with you. If you're in danger dial 111.

You can always leave a relationship – you do not have to stay until something awful happens or because your partner doesn't want you to leave.



- Tell your friends, family members and neighbours, if you can do this safely. Let them know that you have fears, and ask them if they can help with specific things if the situation gets worse. Tell them you may need them to call the police or help you leave quickly.
- Plan and practice how and when you will leave safely – what time, what route, and how you will travel. Make sure you have your own set of house and car keys. If you have children, talk to them about this when it's best for them to know.
- Make a plan for somewhere to stay – with a friend, or if there are community services that would be safe. This may take some investigation since there are no dedicated housing services for Rainbow people experiencing violence.