

How can I make myself and my children safe right now if I'm not ready to leave an abuser?

Your safety and the safety of your children are the biggest priorities. If you are not yet ready or willing to leave an abusive relationship, you can take steps to help yourself and your children now, including:

- [Making a safety plan](#) for you and your child
- Listening and talking to your child and letting them know that abuse is not OK and is not their fault
- Reaching out to a [domestic violence support person](#) who can help you learn your options

If you are thinking about leaving an abusive relationship, you may want to keep quiet about it in front of your children. Young children may not be able to keep a secret from an adult in their life. Children may say something about your plan to leave without realizing it. If it would be unsafe for an abusive partner to know ahead of time you're planning to leave, talk only to trusted adults about your plan. It's better for you and your children to be physically safe than for your children to know ahead of time that you will be leaving.

(<https://www.womenshealth.gov/relationships-and-safety/domestic-violence/effects-domestic-violence-children>)