

Escaping Abusive Parents

PRINTABLES BUNDLE

Includes:

- Outline of Online Guide
- Free Resources List
- Support Network Template
- Abuse Record Template
- Essential Documents Checklist
- Packing List Template
- Monthly Expenses Worksheet
- Initial Expenses Worksheet
- Before Moving Checklist

Please visit <https://hopefulpanda.com/escape> for more information

HOW TO ESCAPE ABUSIVE PARENTS

1. GET SUPPORT



Reach out to:

- friends & family
- organizations
- support groups
- counselors
- online forums

2. GATHER INFO



Keep a record of abuse

- recordings
- photos
- texts/emails
- diary/journal
- witnesses

3. SAVE MONEY



5. PLAN YOUR MOVE

- Build your credit
- Find a place to live
- Figure out expenses
- Plan what to pack
- Set up things early

4. COLLECT DOCS



- IDs
- birth certificate
- social security card
- credit cards
- & more

**DO NOT MENTION
YOU'RE LEAVING**

This is an outline of the guide found on
<https://hopefulpanda.com/escape>

FREE RESOURCES

1in6

Information & resources for male victims of sexual abuse. 24/7 national helpline & support groups facilitated by a counselor.

Center For Family Justice

24/7 hotline with free & confidential services with access to counselors

Domestic Abuse Hotline
203-384-9559
Sexual Assault Hotline
203-333-2233

Childhelp

24-hour hotline, text, or chat with resources to aid in every child abuse situation. All calls are confidential.

Text or call 1-800-422-4453

Covenant House

Information about shelters & crisis centers for minors

Crisis Text Line

Serves anyone, in any type of crisis, providing access to free, 24/7 support via text

Text "HOME" to 741741

HAVOCA

Help for Adult Victims of Child Abuse - site run by survivors of child abuse that provides support & advice for adults affected by childhood abuse

National Domestic Violence Hotline

24/7 free, confidential site that offers call & chat. Can also refer you to service providers & shelters across the U.S.

Call 1-800-799-SAFE (7233)
Text "START" to 88788

RAINN

National Sexual Assault Hotline - connects you with trained staff in your area providing confidential support & can find you a local health facility

800-656-HOPE (4673)

National Suicide Prevention Lifeline

National network of local crisis centers providing free, confidential support 24/7 in the U.S.

Dialing Code 988

Samaritans

24/7 hotline for all types of crises
Call 116 123

isurvive

Online abuse survivor support group with people around the U.S., Australia, Europe, & the U.K.

Trevor Space

A safe space for those ages 13-24 to connect with others in the LGBT community

Visit <https://hopefulpanda.com/resources/> for links & more resources

SUPPORT NETWORK

Name

Contact

Address

ABUSE RECORD

Date

Event

Proof

ESSENTIAL DOCUMENTS CHECKLIST

Photo Identification + name change documents

- passport
- driver's license/non-driver ID
- other government issued ID

Proof of Citizenship or Legal Presence

- birth certificate/CRBA
- passport/passport card
- visas
- Certificate of Naturalization or Citizenship

Social Security Information

- Social Security Card
- W-2/1099/payroll check stub

Birth Records & Documents

Deeds & Titles to Property & Other Valuables

- vehicle registration records

Medical Records & Documents

- updated vaccinations list
- health insurance information

Financial Documents & Records

- checkbooks, credit/debit cards, ATM card
- tax records & information

Legal Documents

- marriage decree
- divorce decree
- wills, estate planning, advance directives

PACKING LIST

High Priority



Documents

Money

Medium Priority



Low Priority



MONTHLY EXPENSES

Needs

_____ Rent/Mortgage
_____ Renters/Home Insurance
_____ Property Tax
_____ HOA Fees
_____ Maintenance Costs
_____ Electric/Gas
_____ Water
_____ Garbage/Sewer
_____ Car Payments
_____ Auto Insurance
_____ Gas/Transportation
_____ Health Insurance
_____ Medical Costs
_____ Life Insurance
_____ Groceries
_____ Necessities
_____ Internet
_____ Phone
_____ Loan Payments
_____ Other

_____ Total

Wants

_____ Clothes/Jewelry
_____ Home Décor
_____ Dining
_____ Alcohol
_____ Hobbies
_____ Entertainment
_____ Memberships
_____ Subscriptions
_____ Leisure
_____ Travel Expenses
_____ Gifts/Donations
_____ Other

_____ Total

Savings

_____ Savings
_____ Retirement
_____ Investments
_____ Other

_____ Total

Total

INITIAL EXPENSES

Home

- _____ First Month's Rent
- _____ Last Month's Rent
- _____ Security Deposit
- _____ Down Payment
- _____ Insurance
- _____ Renovations
- _____ Repairs
- _____ Cleaning
- _____ Electric/Gas
- _____ Water
- _____ Garbage/Sewer
- _____ Internet
- _____ Phone
- _____ Other Services
- _____ Appliances
- _____ Furniture
- _____ Necessities
- _____ Other

- _____ Total

Moving

- _____ Packing Supplies
- _____ Movers/Labor
- _____ Moving Services
- _____ Moving Insurance
- _____ Shipping Fees
- _____ Truck Rental
- _____ Storage
- _____ Travel Expenses
- _____ Other

- _____ Total

Other

- _____
- _____
- _____
- _____

_____ Total

Total

BEFORE MOVING CHECKLIST

■ Set up utilities

-Electric

-Gas

-Water

■ Set up internet, phone, & other services

■ Forward mail

■ Change address on important accounts

-Financial: banks, credit cards

-Medical: health insurance, doctors

-License & Vehicle Registration

-Voter Registration

-billing & shipping addresses

■ Notify people of address change

-employer

-support network

■ Change locks on new home

■ Make necessary renovations or repairs

■ Test/install smoke & carbon monoxide detectors

■ Do a deep clean

■ Set up security system

■ Purchase insurance and/or get a home warranty

■ Get to know the new home



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