



CANADIAN CENTER  
FOR WOMEN'S  
EMPOWERMENT

CENTRE CANADIEN  
POUR L'AUTONOMISATION  
DES FEMMES

## Economic Empowerment 6 Step Checklist for Domestic Abuse Survivors

If you are being Economically Abused and are thinking about leaving your relationship:

- **Change your passwords & pins** - Change passwords and PIN codes for billing and payment methods including utilities, credit cards and online banking. Use other forms of identification other than your social security number, date of birth and information the perpetrator would know to authenticate yourself. Make sure only you know the passwords to personal accounts including social media and email.
- **Make copies of your personal and financial records and store in a safe location** - Take a financial inventory. If your partner controls the money, look for ways to find out more about his/her income, financial property, real property and debts. Document how funds were spent throughout entire relationship as it may be needed later. Leave copies with a trusted friend, relative or in a bank safety deposit box.
- **Compile an emergency evacuation box** - Include copies of your family's important records and documents as well as copies of car and house keys, extra money and emergency phone numbers.
- **Safeguard your Privacy** - If you use the internet to explore domestic violence issues or for regaining financial independence, make sure your abuser cannot trace your activities – conduct searches on others' devices, use Incognito mode in your browser, or clear your browsing history immediately after use. Be cautious about providing personal information over the web and have mail or emails sent to a friend or to your workplace.
- **Open your Own Bank Account** - Find out what it would cost you to live on your own, create a budget and consider starting to set aside your own money, and keep it safe.
- **Get a Credit Report** - Obtain a copy of your credit report, review the information and report any fraud, disputed claims or identity theft. Free credit reports are available by phoning Transunion Canada at 1-800-663-9980 or 1-877-713-3393 (Quebec) or Equifax Canada at 1-800-465-7166.

Find help by contacting the National Domestic Violence Hotline at 1-800-799-7233.

More information about Economic Abuse – including details about upcoming financial literacy and wellness workshops and programs – is available at The Canadian Center for Women's Empowerment website at [ccfwe.org](http://ccfwe.org).

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