

Safety Planning

In the relationship:

1. I will have important phone numbers available to my children and myself.
2. I can tell _____ and _____ about the violence and ask them to call the police if they hear suspicious noises coming from my home.
3. If I leave my home, I can go (list four places): _____, _____, _____ or _____.
4. I can leave extra money, car keys, clothes, and copies of documents with _____.
5. If I leave, I will bring _____. (see checklist)

When I have left the relationship:

1. I can change the locks and install a security system.
2. I will inform _____ and _____ that my partner no longer lives with me and ask them to call the police if he is observed near my home or my children.
3. I will tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are _____, _____, and _____.
4. I can tell _____ at work about my situation and ask _____ to screen my calls.
5. I can avoid stores, banks and _____ that I used when living with my partner.
6. I can obtain a protective order and keep it on or near me at all times, as well as leave a copy with _____.
7. If I feel down, and ready to return to an abusive situation, I can call _____ for support, and attend groups to gain support and strengthen my relationships with other people.

My Safety Checklist

Phone numbers

Police: _____

Friends: _____

Helpline: _____

Refuge: _____

Checklist: Items to Take

- Mobile phone
- Identification
- Birth certificates for me and my children
- National Insurance cards
- School and medical records
- Money, bankbooks, credit cards
- Keys: house/car/office
- Driver's licence and registration
- Medications
- Change of clothes for me and my children
- Welfare identification
- Passports, work permits
- Divorce papers
- Lease/rental agreement, house deed
- Mortgage payment book, current unpaid bills
- Insurance papers
- Address book
- Pictures, jewellery, items of sentimental value
- Children's favourite toys and/or blankets

Increasing my safety

How can I increase my safety: In a car?

- Reverse into parking spaces (it is easier to drive out if threatened).
- Park in well-lit, busy areas.
- When returning to the car, have keys out and ready to use.
- Have mobile phone in hand.
- Lock car as soon as you get in.

How can I increase my safety: Walking alone?

- If out late, organise a lift home or book a taxi (not depending on someone you've just met, or someone who is drunk).
- If walking home after dark, avoid short cuts and badly lit streets. Stay in well-lit main streets. Avoid alleys and deserted areas.
- When walking on pavement, walk facing oncoming traffic and well out from buildings (so that cars cannot stop unnoticed behind you, and persons standing in alleys and doorways cannot reach you).
- If a car or person does approach and you feel threatened, cross the road and walk in the opposite direction.
- If you believe you are being followed, cross the road more than once if necessary, to prepare you physically and mentally to protect yourself. Then move as quickly as possible to the nearest place where there are people (pub, restaurant, shop, house with lights on).

How can I increase my safety: In the home?

- At night, keep keys beside you in case you have to leave. Keep mobile phone close to bed with speed dial numbers for police, family members etc stored.

- Install a sturdy lock on the front and back doors.
- Install a spy-hole in the door to see who is at the door before opening it.
- Install a bright porch light; this can deter attackers approaching the door.
- Always ensure that workmen, repairmen, etc. produce picture ID from their company before opening the door (ID can be passed through the mail slot if there is no spy hole in the door).