

Your Domestic Violence Safety Plan

Safety during a domestic violent incident

o I can tell _____(neighbours) about the abuse and ask them to call the police if they hear sounds of a violent attack, coming from my house.

o If violence and abuse is occurring, or is likely to occur, I can move to _____(a room with easy access to an exit).

Don't go to the kitchen, bathroom or near possible weapons.

o The quickest/safest route out of my home is _____

o I have practiced escaping in this way

o The quickest/safest route out of my workplace is _____

o I have practiced escaping that way.

o I have taught my child/ren to use the telephone to call 999 in an emergency.

o I will carry a phone card, change for a pay phone, and my mobile phone at all times and ensure that there is always credit so I can ring for help in an emergency.

o I will keep a small amount of money on me in case I need to leave quickly

o I have told my child/ren to get out of the room/leave the house/run to _____for help in an emergency.

o I will use this code word _____for my children, friends, or family to call for help.

o If I decide to leave, I will go to _____

o I will keep my purse and car keys at _____ in order to leave quickly.

o I can pack an emergency bag and leave it at _____so I can leave quickly.

o I will use my judgement and intuition. If the situation is very serious, I will try and give my partner whatever he/she wants to calm him/her down. It is important that I try to protect my children and myself until we can get out of danger.

Safety when getting ready to leave

o I will keep important documents (birth and marriage certificates, passports, medical cards, benefit books, bank and building society books, rent/mortgage details, driving licence, car registration documents, details of car insurance, immigration

documents) or copies

at: _____

o I will leave some extra clothes, personal possessions, medication, cash and spare keys with _____

o I will open a savings account by _____ (date) to increase my independence.

o Other things I can do to increase my independence are:

o The domestic violence national helpline number is 0808 2000 247

o The local domestic violence helpline number is: 0161636 7525

o Other numbers for support agencies are:

o I can stay with _____ in an emergency

o I can borrow money from _____ in an emergency

o If I plan to leave I won't tell my abuser in advance face-to-face, If I want to tell them

I will leave or send a note, or call once I am in a safe place.

o I will ensure that I never tell my abuser where I am staying

o I will review my safety plan every _____ (time frame) in order to review whether it is still working for me.

o I will review the plan with _____ (a friend, agency worker, counsellor or advocate.)

o I will review and rehearse my escape plan every _____ (time frame) and practice it with my children.

Safety At Home (if not living with the abuser)

o I can change my door locks, have extra locks installed and put locks on windows.

Completed _____ (date)

o I can ask trusted neighbours (if they know my ex partner) to inform me if they see him anywhere near to my home.

o I can apply for the Sanctuary scheme to be installed at my property

Completed _____ (date)

o I can install smoke detectors and buy fire extinguishers for each floor of my home
Completed _____ (date)

o I can install an outside lighting system that lights up when someone approaches my home. Completed _____ (date)

o I can get a security system e.g.

burglar alarm (installed) _____

homelink alarm from police (installed) _____ (due for removal) _____

community alarm (installed) _____

o I will always ensure that I am clear which is the quickest escape route (dependent on where we are in the house), and will share this with my children.

o I will teach my children to dial 999, or to phone a friend or someone close by

o I will always use 141 before I make a call, but better still I will call 150 (Customer Services for BT) so my number can be withheld at all times.

Completed _____ (date)

o I will tell the people who care for my child/ren, who has permission to pick up them up and that my partner is NOT allowed to. I understand that if my partner has parental responsibility then I will have to get a court order to stop him from being allowed to collect the children from school/nursery. I will inform the following people:

School _____

Nursery/Childminder _____

Babysitter _____

Sunday School _____

Teacher _____

And _____

Others _____

o I can apply for a Non Molestation Order to protect myself from future aggression from my abuser.

Completed _____ (date)

Order expires _____ (date)

o I can apply for an Occupation Order to protect myself from future aggression from my abuser.

Completed _____ (date)

Order expires _____ (date)

o I will keep copies of these court orders safe in case I need them in an emergency
I will keep them _____

o Other agencies who I have given a copy of my court orders are:

_____ (local police station)

_____ (police domestic violence unit)

_____ (advice worker/support worker)

o I will tell (and give a copy of) my employer, my religious leader, my friends, my family, children's school etc and others that I have a court order.

o If my court order gets destroyed, I know I can go to the court in which it was made and get another copy.

o If my abuser violates the protection order, I will call the police and report it. I will call my solicitor, my advocate, counsellor, and/ or tell the courts about the violation.

o If the police do not help, I will call my advocate or my solicitor

o I will change my mobile phone number

o I will change my landline number

o I will get an answer phone to screen calls

o I will ask for number-withheld calls to be barred from my landline

o I will stop using joint accounts and close them as soon as is possible

o I will explain to my children that its important to keep where we live confidential

Job and Public Safety

o I can tell my boss, security, and _____ at work about this situation.

o I can ask _____ to help screen my phone calls.

o I can ask the IT department to change my e-mail address, and whether it is possible to screen out e-mails from my abuser etc.

o When leaving work I can do the following:

o When I am driving home from work and problems arise, I can:

o If I use public transportation, I can:

o I will shop at different supermarkets and shopping centres at different hours than I did when I was with my partner.

o I will use a different bank and bank at different hours than I did when I was with my partner.

o I will change the passwords and security questions on all of my internet accounts including banking and social media.

o I will change any regular appointments that my partner knows about

o I will alter my routines as much as possible

Drug and Alcohol Use.

o If I am going to use drugs or alcohol, I am going to do it in a safe place with people

who understand the risk of violence and who are committed to my safety.

o I can also

o I can also contact _____ for support to stop/reduce my use of alcohol/drugs.

o If my partner is using, I can

o I can also _____

o To protect my children, I can _____

Step 7. Emotional Health

o If I feel depressed and ready to return to a potentially violent situation/ partner, I can call _____ for support and help.

o When I have to talk to my ex partner on the phone I can:

o I will use "I can..." statements and I will be assertive with people.

o I can tell myself " _____ "

when I feel people are trying to control or abuse me.

o I can call the following people and/ or places for support:

o Things I can do to make me feel stronger are:

o Things I have tried before which make me feel worse are:

Always keep your safety plan safe and never leave it where it could be found by your abuser.

Share this safety plan with a trusted friend or family member, and also with trusted agency workers you are in contact with. If you are happy to do so then give them a copy and then they can work with you to monitor your progress.