

Your Domestic Violence Safety Plan

1. Move to a room with easy access to an exit. Don't go to the kitchen, bathroom, or near possible weapons. Go to a room that has a lock on it.
2. Know the quickest route out of your home and workplace and practice escaping that way. Domestic violence does not just happen in your home.
3. Pack a bag and have it ready. Keep it hidden but make it easy to grab quickly.
4. If possible, keep a **cell phone and important phone numbers** nearby in a safe area, as there are no wires that can be cut or jerked out of the wall.
5. Tell your neighbors about your abuse and have them call the police if and when they hear a disturbance.
6. Have a signal that will alert your neighbors to phone the police. A blind up or down, a scarf hung out a window or a light turned on.
7. Have a safe place to go if you are going to leave.
8. Decide on a code word that you and your children can use when you need help.
9. If possible, keep a diary to record all abusive incidents, including the date and time, a description of the incident. Keep this in a safe place.
10. Take a self defense course.
11. Open and maintain your own bank account at a different bank than the one the abuser banks at.
12. Whenever you call a shelter or other resource, make sure to phone the time or weather (382- 3068) immediately afterwards so that your partner cannot press the redial button and find out who you have been talking to.

Use your instincts; you have the right to protect yourself !

What to take with you

A general list of things women need to take with them when they leave an abusive situation.

1. **Identification** - birth certificates for you and your children, driver's license, state identification, social security card, passport, immunization and school records, etc.
2. **Medications** for you and your children
3. **Divorce papers**, order of protection orders, restraining orders, custody papers
4. **Keys** to your home, work, and car
5. **Lease or rental agreement**, house deed, mortgage payment book
6. Jewelry or small things you can sell
7. **Address book**
8. Children's favorite toys and/ blanket
9. Irreplaceable items and sentimental items such as photographs.
It is also useful to make photocopies of original documents and keep them with a trusted friend or family member.

Step 1. - Safety during violence.

I can use the following options:

- a. If I decided to leave, I will go _____ .

- b. I can keep a bag ready and put it _____ so I can leave quickly.
- c. I can tell _____ about the violence and have them call the police when violence erupts.
- d. I can teach my children to use the telephone to call the police and fire department.
- e. I will use the code word _____ for my children, friends, or family to call for help
- f. If I have to leave my home, I will go _____.
(Be prepared even if you think you will never have to leave.)
- g. I can teach these strategies to my children.
- h. When an argument erupts, I will move to a safer room such as _____.
- i. Use your instincts, intuition, and judgment. I will protect myself and my children and get us out of danger.

Step 2. Safety when getting ready to leave.

I can use the following strategies:

- a. I will leave money and an extra set of keys with _____
- b. I will keep important documents and keys at _____
- c. I will open a savings account by this date _____ to increase my independence.
- d. Other things I can do to increase my independence are: _____

- e. Lethbridge Domestic Violence Action Team/Lethbridge Regional Police **327-2210** contact person is _____
- f. The YWCA Harbour House number is **320-1881**
- g. I will keep change for the phone calls with me at **ALL** times.
- h. I will check with _____ and _____ to know who will let me stay with them or lend me money.
- i. I can leave extra clothing for me and my children with _____.
- j. I will review my safety plan every _____ (time frame) in order to plan the safest route. I will review the plan with _____ (a friend, counselor, or advocate.)
- k. I will rehearse the escape plan and practice it with my children.

Step 3. Safety at Home

I can use the following safety methods:

- a. I can change the locks on my doors including the car as soon as possible.
- b. I can replace wooden doors with steel doors
- c. I can install a security system – i.e. additional locks, window bars, poles to wedge against doors, electric sensors, etc.

- d. I can purchase rope ladders to be used for escape routes from the second floor.
- e. I can change my phone number and have one that is unlisted. I can have Caller ID on my phone.
- f. I can install an outside lighting system that lights up when someone approaches my home.
- g. I will teach my children how to use the phone to make collect calls to me and to _____ (friend, family, minister) if my partner tried to take them.
- h. I will tell the people who care for my children who has permission to pick up my children.

My partner is NOT allowed to. Inform the following people:

School _____
Day Care _____
Babysitter _____
Sunday School _____
Teacher _____
And _____
Others _____

- i. I can tell the following people that my partner no longer lives with me and that they should call the police if he is near my residence:

Neighbors _____
Church Leaders _____
Friends _____
Leaders _____

Step 5. Job and Public Safety

I can do the following:

- a. I can tell my boss, security, and _____ at work about this situation.
- b. I can ask _____ to help screen my phone calls.
- c. When leaving work I can do the following _____.
- d. When I am driving home from work and problems arise, I can _____

- e. If I use public transportation I can _____

- f. I will shop at different grocery stores and shopping malls as different hours than I did when I was with my partner.

- g. I will use a different bank and bank at different hours than I did when I was with my partner.
- h. I can also do the following _____

Step 6. Emotional Health

I can do the following:

a. If I feel depressed and ready to return a potentially violent situation with my partner I can

I can also call _____

b. When I have to talk to my partner in person or on the phone I can _____

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

d. I can tell my self " _____ "
when I feel people are trying to control or abuse me.

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

f. Things I can do to make me feel stronger are
