

## Safety Planning

Please ensure that safety is considered when printing and/or completing this document. Considering who will have access to it and where it will be stored are extremely important.

### Safety during a violent incident:

In order to increase safety during a violent incident, you may use a variety of strategies. Some strategies for you to consider are:

1. What are the possible escape route(s) from my home? What doors, windows, elevators, stairwells, or fire escapes could I use? \_\_\_\_\_  
\_\_\_\_\_

I will take the time to practice how to get out safely.

2. I can keep my purse/wallet and keys handy, and always keep them in the same place (\_\_\_\_\_) so that I can locate them easily if I need to leave in a hurry. I can also have a second set of keys made in case my partner/ex takes the first set.

3. If it is safe for me, I could tell the following people about the violence and request \_\_\_\_\_ and \_\_\_\_\_

4. Children's safety in abuse situations is central to a safety plan. I may be able to teach my children a safety plan specifically for them in these circumstances.

5. It may be helpful to have a code word to use with my children or other family members if I should need them to call for help. My code word is \_\_\_\_\_

6. Safe places that I can go if I need to leave my home:

A place to use the phone: \_\_\_\_\_

A place I could stay for a couple of hours: \_\_\_\_\_

A place that I could stay for a couple of days: \_\_\_\_\_

During an abusive incident it is best to try to avoid places in the house where I may be trapped or where weapons are readily available e.g. the bathroom or kitchen. Bigger rooms with more than one exit may be safer.

The places I would try to avoid would be \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The places I would try to move to/stay in are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. In abusive situations, women sometimes say or do things that in an equal non-abusive relationship they would not. For some women this involves survival skills such as claiming to agree with the abuser even when it's not true in order to increase safety. On other occasions, women may retaliate against the abuser with violence; however be aware that such actions could lead you to be charged with a criminal offence.

8. Calling the Police. The phone number for Police is \_\_\_\_\_

9. Given my past experience, other protective actions that I have considered or employed are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Safety planning if you are preparing to leave:**

Some women leave the residence they share with the abusive partner. These are protective actions you may wish to consider if you are in this situation. Even if you are not planning to leave your partner, it is important to review a safety plan regarding leaving in case the violence escalates and you need to leave quickly.

10. It may not be safe to inform my partner that I am leaving.

11. Should I need to leave quickly, it would be helpful for me to leave some emergency cash, an extra set of house and car keys and extra clothes with some people who I can go to for help:

\_\_\_\_\_ and \_\_\_\_\_

12. I can keep copies of important documents such as immigration papers or birth certificates at someone's house: \_\_\_\_\_

13. I can open a savings account to increase my freedom to leave. I should make sure to alert the bank not to send any correspondence to my home address.

14. I can get legal advice from a solicitor who understands domestic abuse. But, as with the bank, I should make certain the solicitor knows not to send any correspondence to my home address. (It is critical to consult with a family solicitor if you have children.) Your local Domestic Abuse service may be able to recommend a suitable solicitor.

15. The local Domestic Abuse Helpline number is \_\_\_\_\_ seek safe shelter and support by calling this help line.

16. I can keep change for phone calls on me at all times. I must be careful if I am using my mobile or home number because my partner or ex could see the numbers I have called on next month's telephone bill. To keep telephone communications confidential, I can use a pay phone, a friend's phone or a pay-as-you-go mobile phone that my partner or ex is unaware of.

17. These are people that I could ask for assistance with:

Money: \_\_\_\_\_

Childcare: \_\_\_\_\_

Support attending appointments: \_\_\_\_\_

Transportation: \_\_\_\_\_

Other: \_\_\_\_\_

18. If I need to return home to get personal belongings. In some countries is possible to call the police for an escort to stand by and keep the peace. I'll need to check if my local police offer this service. If they do the police will

meet me somewhere close to my home. They will stay while I pick up my own and my children's personal belongings.

19. Other protective actions I have considered are:

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20. When you leave an abusive partner, it is important to take certain items with you. Items with asterisks on the following list are the most important, but if there is time, the other items might be taken, or stored outside the home. Keeping them all together in one location makes it much easier if you need to leave in a hurry.

- Identification for myself
- Children's birth certificates
- Any papers relating to legal proceedings
- My birth certificate
- Passport and Immigration papers
- School records
- Money
- Cheque book, bank book/cards
- Credit cards
- Keys - house/car/office
- Driver's license and car ownership details
- Medications and medical records
- Divorce/separation papers
- House lease / mortgage/insurance documents
- Address book
- Pictures/photos
- Children's favourite toys/blankets
- Jewelry
- Items of special sentimental value

**21. Telephone Numbers I Need to Know:**

For safety reasons it may be necessary to keep these telephone numbers hidden (but accessible!) and/or memorize the numbers:

Police Department: \_\_\_\_\_

Domestic Abuse Help Line (24 hours): \_\_\_\_\_

Solicitor: \_\_\_\_\_

Work: \_\_\_\_\_

Religious Leader (Pastor/Rabbi/Priest/Imam): \_\_\_\_\_

Other: \_\_\_\_\_

**22. Safety in my own home**

The following are some suggestions regarding safety measures in your own home that you may wish to consider (some of these safety measures cost money).

If financially possible I could:

- Change the locks on my doors and windows (you may need to inform the landlord if you are renting or your

solicitor if you own your home before taking this action)

- o Install a peep hole in the door
- o Replace wooden doors with steel/metal doors
- o Install window bars and poles to wedge against doors
- o Install an electronic alarm system
- o Purchase rope ladders to be used for escape from second floor windows
- o Install smoke detectors and purchase fire extinguishers for each floor in my house/apartment
- o Install a motion sensitive lighting system outside that lights up when a person is coming close to my home
- o Leave the lights on at night and when I am away from home

23. If I have custody and access issues, I can inform all the people who provide childcare for my children about who has permission to pick up my children and who does not. I can give these people copies of the custody and access order to keep with them and a picture of the abusive partner. The people I will inform about pick up permission include:

School: \_\_\_\_\_

Teacher: \_\_\_\_\_

Nursery staff: \_\_\_\_\_

Before/after school club: \_\_\_\_\_

Babysitters: \_\_\_\_\_

Childminder: \_\_\_\_\_

Sunday school teacher: \_\_\_\_\_

Relatives: \_\_\_\_\_

Other: \_\_\_\_\_

24. I could inform the following people that I am separated and ask that they call the police if my partner or ex is seen near my residence:

Neighbour: \_\_\_\_\_

Landlord: \_\_\_\_\_

Friend: \_\_\_\_\_

Other: \_\_\_\_\_

25. Other strategies that I am already using or that I might use include:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

26. **Safety with an Injunction**

Injunctions are protection orders that a person can apply for in the court. (Magistrates Family Court, County Court)

If granted by the court it is not active until it is served to the respondent. An applicant can apply for an emergency order (without notice to the respondent – however this is dependent on specific factors inclusive of the time line of the last incident), however the respondent (perpetrator) will be given notice of another hearing whereby they have the right to ‘respond’/‘object’ to the order.

27. Injunctions are under Civil Law. It ONLY becomes a criminal matter if the perpetrator breaks it. It is Important that applicants request from the court that the order has ‘a Power of Arrest’ attached to it.

Different types of Injunctions:

28. Non molestation Order: these can have varying characteristics attached to them, but all would stipulate that the perpetrator is not to threaten or cause physical harm, incite a third party to cause or threaten harm. They are not to pester, harass or contact the applicant.

(Sometimes courts will stipulate that the perpetrator is not to attend the street, property – if they don’t have a legal right to reside there). These are usually granted for 6 months, although they can go up to 12 months. Once expired an applicant can reapply if there is still risk of harm to them.

29. Occupation Orders: This deals with the “property” if the perpetrator has a legal right to abide in the property. These can be difficult to obtain as the court does not like to intentionally make a party homeless. If the perpetrator has another place to reside (re: family, friends) ensure the court is aware of this

The order can prohibit the perpetrator from attending the entire property, OR can make restrictions to how the two parties live in the dwelling but dividing the rooms up and/or by times. Eg.. A can go in room 1, 2,3 between the hours of 9-5 but is restricted from attending these rooms outside of these hours, or A can dwell in rooms 1,2 and B can dwell in rooms 3,4.

30. Prohibited Steps Order: These are orders involving the children if the perpetrator has Parental Rights. These orders are primarily granted if there is a risk that the perpetrator will attempt to remove the children from the home, area or country. There are Resident Orders and Child Contact Orders that can also be obtained from the courts to offer protection regarding the children. Without one of these specific orders it is not possible for a school to withhold giving the child to the perpetrator as they would have Parental Responsibility re: a legal right to take them – exceptions are if Children Services have a Child Protection Plan open.

31. Undertaking: This is essentially a ‘promise’ to the court by the perpetrator that they won’t do anything bad. This happens when either there is not enough evidence to grant a non-molestation order, and/or the perpetrator objects to a non mol. There is no power of arrest with this however if the perpetrator ‘breaks’ their promise to the court they are in ‘contempt of court’. The applicant must inform the court and likely a non-molestation order will then be granted.

32. The following are some steps that I can take to help support the enforcement of the legal instruments

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33. It is important to know the specifics and limitations of my protection order. I will find out the conditions and what they mean for my safety. \_\_\_\_\_

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34. If my partner or ex violates the protection order, I can call the police and report the violation. Depending on

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for women 

the type of protection order, I can also contact my partner's or ex's parole/probation officer, contact my solicitor and/or my advocate. (It is important to report to the police every violation of the order).

35. If the police do not help, I can call the Duty Sergeant immediately at the police station and express my concern. If I have one I can also contact my advocate, my partner's or ex's parole officer, or my solicitor, as well as filing a complaint with the police.

36. I will keep my protection order document(s) (originals, if possible) in this location:

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37. It is beneficial to keep the document(s) on or near me. It may also be helpful to keep a copy in a second safe location also.

38. If my partner destroys my protection order, I can get another copy from the courthouse, my lawyer, or:

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39. If it is safe to do so, I can inform the following people that I have a protection order in effect:

My employer: \_\_\_\_\_

My friend: \_\_\_\_\_

My family: \_\_\_\_\_

Other: \_\_\_\_\_

#### 40. Safety at work and in public

Each woman must decide if and/or when she will tell others that her partner has abused her and that she may be at continued risk. Friends, family and coworkers may be able to help protect women. Each woman should consider carefully which people to recruit to help secure her safety. I might do any or all of the following:

41. If it is comfortable to do so, I can inform the following people at work of my situation:

My boss: \_\_\_\_\_

The security supervisor: \_\_\_\_\_

Other: \_\_\_\_\_

42. According to how comfortable and safe I feel, I can ask the following person to help screen my telephone calls at work: \_\_\_\_\_

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43. It could be of assistance to me if they document these calls

44. If it is comfortable to do so, and I feel it would be supportive to me and my situation, I could discuss the possibility of having my employer call the police if I am in danger from my partner or ex.

#### 45. Some safety suggestions regarding arriving or leaving work:

a. Let someone know when you'll be home

- b. Walk with someone to your car
- c. Scan the parking lot
- d. If your partner is following you, drive to a place where there are people to support you, e.g. a friend's home, police station
- e. If you are walking, take a route that is populated
- f. Take different routes home
- g. If you see your partner on the street, try to get to a public place e.g. a shop
- h. You can also call attention to yourself and request help
- i. Purchase a personal alarm device

46. I can use different supermarkets/shopping centers and shop at different times than I did before to reduce the risk of contact with my partner or ex.

**47. Safety and Drug or Alcohol Consumption**

Many people in this culture consume alcohol. Many consume mood-altering drugs. Much of this consumption is legal and some is not. The disclosure of the use of illegal/legal drugs can put a woman at a disadvantage in legal actions with her abusive partner. Therefore, women should carefully consider the potential cost of the use of legal and/or illegal drugs. Beyond this, the use of any alcohol or other drugs can reduce a woman's awareness and ability to act quickly to protect herself from the abusive partner. Furthermore, the use of alcohol or other drugs by the abuser may be used as an excuse for violence.

**48. Safety and My Emotional Health**

Being subjected to abuse by partners is usually exhausting and emotionally draining. The process of surviving requires much courage and incredible energy. To conserve my emotional energy and resources and to support myself in hard emotional times, I can do some of the following:

If I have left the relationship and I am experiencing loneliness or manipulative tactics from my abusive partner, I can take care of myself by: \_\_\_\_\_

\_\_\_\_\_

49. When I have to communicate with my partner in person or by telephone, I can emotionally prepare by: \_\_\_\_\_

\_\_\_\_\_

50. When I face potentially difficult times like court cases, meetings with solicitors and such, I can prepare by doing the following: \_\_\_\_\_

\_\_\_\_\_

51. The people I can call as a resource to support me are:

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

52. I can find out about and attend workshops and support groups in the community by calling my local domestic abuse service on: \_\_\_\_\_

\_\_\_\_\_