

SAFETY PLAN CHECK LIST

Safety planning involves a list of actions meant to increase your safety and that of your children.

If you are in immediate danger, call 911 and leave immediately.

PERSONAL SAFETY PLAN

While you do not have control over your abuser's violence, you can make yourself and your children safer by planning actions that will help you deal with the abuse.

You can use this plan as a guide and reminder to help you find ways to be safe. **If you are concerned that your abuser will find this printout, please write the points you believe apply to you on a separate piece of paper and hide it in a safe place.**

You should review and update this plan on a regular basis so that you will be ready in case your situation changes.



WHERE TO START:

- Request a **police escort** or ask a friend, neighbour or family member to accompany you when you leave.
- When speaking with the police, you can request a police officer that specializes in abuse cases.
- Do not tell your partner you are leaving. Leave quickly.
- Consult a lawyer. The Women's Centre Grey Bruce can provide a list of legal resources.
- Keep any evidence of physical abuse, such as photos.
- Keep a journal of all violent incidents, noting dates, events, threats, and any witnesses.
- Remember to **clear your phone** of the last number you called to avoid the abuser hitting redial.
- Have a back-up plan if your partner finds out where you are going.
- If you are injured, go to a doctor, emergency room or a clinic and report what happened to you. Ask medical officials to document your visit.

Contact The Women's Centre Grey Bruce
We can help you prepare a personalized safety plan. 24/7 Crisis Line
519-371-1600 / 1-800-265-3722 Text 226-974-0755

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**The Shelter is open 24 hours a day.
24-Hour Crisis/Help Line: 519-371-1600
Toll Free: 1-800-265-3722
Text: 226-974-0755**

THINGS YOU CAN DO TO PREPARE:



- Change address with Canada Post – **ensure notice does NOT to come to your present address.**
- Open a bank account in your own name and **arrange that no bank statements or calls be made to you.** Or, arrange that mail be sent to a friend or family member.
- Plan your emergency exits. Think about safe areas of the house where there are no weapons and where there are at least two ways to escape.
- Plan and rehearse the steps you will take if you have to leave quickly. Learn them well.
- Never lock yourself in the bathroom.** Keep yourself between your partner and your emergency escape if you feel you may need to get out safely.
- If the situation is very dangerous, use your own instinct and judgement to keep yourself safe. Call the police as soon as it is safe to do so.
- The Women's Centre Grey Bruce has a pet-designated room.** Alternatively, arrange for someone to care for your pets temporarily, until you get settled.
- Decide where you will go if you have to leave home, even if you don't think it will come to that.

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Store digital versions or photocopies of the following documents in a safe place, away from the originals. Hide the originals, if you can. Carry what you can, without suspicion, in your purse.

- Passports, birth certificates, Social Insurance Cards, and immigration papers, for all family members
- Lease/rent agreement, house deed, mortgage payment records, and house insurance
- Divorce papers, custody documentation, court orders, restraining orders, marriage certificate
- 1-3 years of your partner's T4s
- Work Permits
- Medications, prescriptions, and medical records, for all family members
- Picture of spouse/partner
- Set aside, in a place you can get to quickly, \$10 to \$20 for cab fare
- Banking items like credit cards, bank cards, cheque book, and bank statements
- Try to keep all the cards you normally use in your wallet
- Driver's licence, vehicle registration, and insurance
- Health cards, school records, and vaccination records

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Keep the following items handy, but only grab them if it's safe to do so:

- Emergency suitcase with immediate needs
- Jewelry
- Small Saleable objects
- Items of special sentimental value
- A list of other items you would like to take if you get a chance to return to your home



IMPORTANT INFORMATION REGARDING YOUR CHILDREN

- **When you leave, take your children if you can. The police cannot help you remove them at a later date, unless you have a valid court order signed and directed by a judge.**
- **In some circumstances, it may be possible for police to escort you to your home at a later date, to remove additional personal belongings. At that time, take the items listed above as well as anything else that is important to you or your children.**

**Contact The Women's Centre Grey Bruce, Crisis Line/Help Line @ 519-371-1600 or Toll Free @ 1-800-265-3722, or text @ 226-974-0755
Let the staff know that you intend to leave an abusive situation and ask for support in safety planning.**

**For more information and resources
Please Visit
www.thewomenscentre.org**