

Your Domestic Abuse Safety Plan

Print this safety plan, fill it in and keep it in a safe place. Please review the safety plan on a regular basis. The only way to ensure that the perpetrator cannot track your computer use is to use a computer that they don't have access to such as at the library or at work. To erase your computer history visit www.computerhope.com

Section 1: Safety during a domestic abuse incident.

I can use some or all of the following strategies:

- I can tell _____ (neighbours) about the violence and abuse and ask them to call the police if they hear any suspicious noises, or disturbances, coming from my house.
 - 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.
 - The quickest route out of my home is _____ I have practiced escaping in this way.
 - The quickest route out of my workplace is _____ I have practiced escaping that way.
 - I have taught my child/ren to use the telephone to call the police and the fire brigade in an emergency. I have also told my child/ren to get out of the room/leave the house/run to _____ for help in an emergency.
 - I will use this code word _____ for my children, friends, or family to call for help.
 - If I decide to leave, I will go to _____
 - I will keep my purse and car keys at _____ (place), in order to leave quickly.
 - I can keep a bag ready and put it _____ so I can leave quickly.
 - I will use my judgment 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.
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Step 2: Safety when getting ready to leave – see also step 6 – financial planning

- 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 - wherever possible at _____
 - I will leave some extra clothes, personal possessions, medication, cash and spare keys with _____
 - 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.
 - Other things I can do to increase my independence are: _____
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- The national 24 hour domestic violence helpline number is **0808 2000 247**
 - The local Women's Domestic Abuse Helpline number is: **0161 636 7525**
 - Other local domestic abuse agency number _____
 - I have contact numbers for the key support agencies kept safe at _____
 - I will check with _____ and _____ to know who will let me stay with them or who will lend me money in an emergency.
 - 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.
 - I will ensure that I never tell my abuser where I am staying.
 - If I cannot speak English I will get _____ to write out a statement for me in English that I can show to agencies to explain what has happened and how I need help.
 - I will review my safety plan every _____ (time frame) in order to review whether it is still working for me.
 - I will review the plan with _____ (a friend, agency worker, counsellor or advocate).
 - I will review and rehearse my escape plan every _____ (time frame) and practice it with my children.
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Step 3: Safety At Home

- I can enquire about sanctuary/target hardening schemes in my area. I can ask the domestic abuse helpline or an outreach worker.
- I can change my door locks, and put locks on windows and perhaps a bedroom door
- I can make- the doors and entry system more secure; this is best achieved by asking the police for advice.

- I can install smoke detectors and buy fire extinguishers for each floor of my home. I can install an outside lighting system that lights up when someone approaches my home.
- I can speak to a Domestic Violence Officer (police who specialise in domestic violence).
- I can get a security systems e.g. small CCTV, burglar alarm, movement sensitive light, panic alarm linked to the police station
- 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.
- I will teach my children to dial 999, or to phone a friend or someone close by
- I will always use 141 before I make a call, but better still I will call my telephone provider by _____ (date), so my landline number can be withheld at all times.
- I will tell the people who care for my child/ren, who has permission to pick them up and that my partner is NOT allowed to. Inform the following people:

School _____ Nursery/childminder _____
 Teacher _____ Babysitter _____
 And others _____

Step 4: Injunctions and child contact

I can see a solicitor, taking benefit books or proof of income, NI number; name, address and photo or description of abuser; any information about contact with police; name and address of Housing Officer, or details of my property, about child contact issues or protection orders.

The following steps will help enforce an injunction, non-molestation or any other order of protection:

- I will keep the injunction/ protection order _____ (the location). Always keep a copy with you.
- I will give my protection order to police departments in the areas that I visit my friends, family, where I live, and where I work.
- If I visit other counties, I will register my protection order with those counties.
- I can call the local domestic violence/abuse agency if I am not sure how to register my protection order with the police departments.
- I will tell (and give a copy of) my employer, my friends, my family, children’s school etc and others that I have a protection order.
- If my protection order gets destroyed, I know I can go to the court in which it was made and get another copy.
- If my partner violates the protection order, I will call the police and report it and they should arrest my ex-partner. I will call my solicitor, my advocate, counsellor, and/ or tell the courts about the violation.
- If the police do not help, I will call my advocate or my solicitor AND I will file a complaint with the Chief Constable of the Police Force.

Step 5: Job and safety in public places

I can do the following:

- I can tell my boss, security, and _____ at work about this situation.
- I can ask _____ to help screen my phone calls.
- 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.
- When leaving work I can do the following: _____

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

- If I use public transport, I can: _____

- I will shop at different supermarkets and shopping centers at different hours than I did when I was with my partner.
- I can also do the following: _____

Step 6: Financial Planning

Before leaving/ending the relationship

- I can erase the history from my computer. I can find out how to do this by going to www.computerhope.com
- I will open a savings account by _____ (date) to increase my independence.
- I will start to save a little money each week; if my partner will not notice.
- I will keep all financial papers together, bank statements, pay slips, award letters for benefits etc.
- If I need to leave in an emergency and have no money for food and/or travel I can apply for a crisis loan from the Jobcentre Plus, telephone number _____ I don't have to be in receipt of benefits to apply for a crisis loan.
- I can get a financial guide (You can afford to leave) from Refuge 0808 2000 247 or download a copy from http://www.refuge.org.uk/cms_content_refuge/attachments/You%20can%20afford%20%28web%29.pdf

After leaving/ending the relationship

- I will inform the Jobcentre Plus, my employers, banks, credit card companies etc of any change of address or change of circumstances. I will arrange for my post to be forwarded.
- I will use a different bank/post office and go at different hours than I did when I was with my partner.
- I can change any pin numbers from bank cards.
- I can use internet banking. If I previously used internet banking I can change my passwords.
- I can make sure I am receiving all the financial help I may be entitled to; this includes help with rent, council tax, tax credits. I can contact a local Citizens Advice Bureau (CAB) telephone _____
- I can budget using a budget planner. I can download one from www.moneysavingexpert.com/banking/Budget-planning
- I will not ignore any debts I will only seek advice from qualified people; National Debtline 0808 808 4000 Mon-Fri 9am–9pm Sat – 9.30-1pm www.nationaldebtline.co.uk
- I need to disentangle myself as soon as possible from any joint finances, especially debts or opportunities for my partner to acquire debt in my name. I can get help by contacting the CAB.

Step 7: Drug and Alcohol Use.

I can enhance my safety if I do the following:

- If I am going to use, I am going to do it in a safe place with people who understand the risk of abuse and who are committed to my safety.
- I can also _____
- I can also contact _____ for support to stop/reduce my use of alcohol/drugs.
- If my partner is using, I can _____
- I can also _____
- To protect my children, I can _____

Step 7. Emotional Health

I can do the following:

- If I feel depressed and ready to return to a potentially abusive situation/ partner, I can call _____ for support and help.
- When I have to talk to my ex-partner in person or on the phone, I can: _____
- I will use "I can..." statements and I will be assertive with people.
- I can tell myself " _____ " when I feel people are trying to control or abuse me.
- I can call the following people and/ or places for support:

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

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

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- ✓ **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.**