

Developing A Safety Plan

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The **Safety Plan** focuses on the things you can do in advance to be better prepared in case you have to leave an abusive situation very quickly. Your safety is the most important thing and Making a **Safety Plan** can increase your safety and that of your children.

Listed below are tips to help keep you safe. These resources are to assist you to make a **Safety Plan** that works best for you. It is important to get help with your **Safety Plan**.

The following are suggestions to consider when making your personalized **Safety Plan**.
(*Please note, not all this information will be applicable to your situation.*)

Protecting yourself while living with an abuser:

- Tell someone you trust about the abuse.
- Think about past abuse, this will help you predict the danger you and your children are facing and when to leave.
- Explain to your children abuse is never right, even if it is someone they love. Ensure the children understand abuse is not their fault, or yours and that they did nothing to cause it. Teach them the importance of safety when there is abuse in the home.
- Plan where to go in an emergency. Teach your children how to get help and stress they are **not to get in between you and your partner if there is violence**. Teach them a code word to signal when they should leave or go for help. Practice how to call for help with your children. (See *Kid's Safety Plan* on the next page).
- If you are being attacked, do not run to a place where the children are as they may be hurt as well.
- Create a Safety Plan on how to get out of your home safely and practice it often with your children.
- Ask neighbours, friends and family to call the police if they hear abuse, and to care for the children in case of an emergency.
- If an argument develops, move to a room where you can get outside easily. Do not go to a room where there is access to weapons. (Example: kitchen, workshop, bathroom.)
- If you are being attacked, protect your face with your arms. Do not wear scarves or long jewelry.
- Back your car into the driveway and keep it gassed up.
- Hide your keys, cell phone and money where you can access it quickly, but ensure it will not be found.
- Have a list of phone numbers to call for help. (Police, shelter, family, etc.)
- Remove all weapons and ammunition from the house.

ITEMS TO TAKE, IF POSSIBLE

Children (if it is safe)	Money	Keys to car, house, work
Extra clothes	Medicine	Important papers for you
and your children		
Birth certificates	Insurance papers	Social Insurance
Numbers, Health Cards		
School and medical records	Car registration	Bankbooks, credit cards,
Status Cards		
Driver's license, Gas Card	Address book	Ontario Works
identification		
Lease / rental agreement		
Passports, green cards, work permits		
Mortgage payment book, unpaid bills		
Protection Order / Peace Bond, divorce papers, custody orders		
Pictures, jewelry, things that mean a lot to you		
Items for your children (toys, blankets, etc.)		

WARNING: Abusers try to control their victim's lives. When abusers feel a loss of control - like when victims try to leave them - the abuse often gets worse. Take special care when you leave. Keep being careful even after you have left.

Kids Safety Plan & Resources

CALLING FOR HELP FROM THE POLICE

When there is fighting in your house, do not try to stop it. Instead run to your safe place.

MY SAFE PLACE IS _____.

Call the Police (NAPS) or 911 (if you live off reserve)

If NAPS, tell them you need the Police right away.

If, 911 - an operator will answer "POLICE, FIRE, AMBULANCE", say "POLICE"!

My name is _____.

I am _____ years old.

I need help.

Send the police, someone is hurting my mom / dad.

I live at / my address here is _____.

The phone number here is _____.

SOMEONE TO LISTEN TO YOU

Kids Help Phone 1-800-668-6868

This is a 24 hour service that answers calls from kids from across Canada. If you need someone to talk to, you can call the Kids Help Phone line at any time of the day and a Counselor will talk with you about your problems and / or concerns.

THE POLICE – NAPS
Toll Free: 1-888-310-1122