

Personal safety plan for women

This safety plan has been adapted from a variety of existing plans. It should be used with women who are escaping violence. Remember it may not be safe for a woman to fill in the plan and take it with her. Always offer to keep any information or documentation on your premises. Drug and alcohol agencies may wish to ask additional questions about how her or her perpetrator’s substance use is affecting the violence she is experiencing.

Suggestions for increasing safety - In the relationship

- I will have important phone numbers available to my children and myself.
- I can telland
.....
about the violence and ask them to call the police if they hear suspicious noises coming from my home.
- If my children are hurt, I will tell
- If I leave my home, I can go (list four places):
.....
..... or
- I can leave extra money, car keys, clothes, and copies of documents with.....
- When I leave, I will bring.....
- To ensure safety and independence, I can: keep change for phone calls with me at all times / keep my mobile phone on me at all times; open my own savings account; rehearse my escape route with a support person; and review safety plan on(date).
- When the violence begins which areas of the house should I avoid? E.g. bathroom (no exit), kitchen (potential weapons)
.....

Suggestions for increasing safety - when the relationship is over

- I can: change the locks; install steel/metal doors, a security system, smoke detectors and an outside lighting system.
- I will inform.....and
..... that
my partner no longer lives with me and ask them to call the police if s/he is observed near my home or my children.
- I will tell people who take care of my children, and my children themselves, the names of those who have permission to pick them up. The people who have permission are:
and.....
- When I make phone calls I can use 141 so my number cannot be traced.
- I can tell..... at work about my
situation and ask to screen my calls.
- I can avoid shops, banks, and..... that
I used when living with my abusive partner.
- If I feel down and ready to return to a potentially abusive situation, I can
call.....for support.

Important phone numbers

Police..... Helpline.....

Friends..... Refuge

Items to take checklist

- Identification
- Birth certificates for me and my children
- Benefit books
- Medical cards for me and my children (e.g. children's "red books", school immunisation records etc)
- Phone card, mobile or change for a pay phone
- Money, bankbooks, credit cards
- Keys – house / car / office
- Keys to a friend or relative's house
- Medicine or medication for me and my children
- Driver's license
- Change of clothes for me and my children
- Passport(s), Home Office papers, work permits, national insurance numbers
- Divorce papers and legal orders
- Lease / rental agreement, house deed
- Mortgage payment book, current unpaid bills
- Insurance papers
- Address book
- Pictures, jewellery, items of sentimental value
- Children's favourite toys and/or blankets
- Any proof of abuse, notes, tapes, diary, crime reference numbers, names and numbers of professionals who know.