

SAFETY PLAN

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.



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.

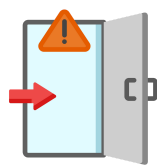
THINGS YOU CAN DO TO PREPARE:



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.



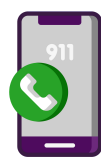
Plan your emergency exits. Think about safe areas of the house where there are no weapons and where there are at least two ways to escape.



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.

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

SAFETY PLAN

The following is a list of items you should try to set aside and hide in a safe place (e.g. friend or family member's home, lawyer, safety deposit box, etc.).

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

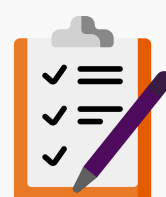


Driver's licence, vehicle registration, and insurance



Health cards, school records, and vaccination records

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

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.

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