



# Safety Plan

**403-586-4765**

*Please keep this plan in a safe place.*

## Who to call:

Counselor/professional support: \_\_\_\_\_ Phone: \_\_\_\_\_

Shelter support: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Other: \_\_\_\_\_ Phone: \_\_\_\_\_

Other: \_\_\_\_\_ Phone: \_\_\_\_\_

Safe Places: *Practice how to get out safely. Be aware of doors, windows etc. I will avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms with access to an outside door.*

Safe place #1 \_\_\_\_\_

Safe place #2 \_\_\_\_\_

Safe place #3 \_\_\_\_\_

## I will (Safety Strategies):

\_\_\_ I will leave money and an extra set of keys with \_\_\_\_\_.

\_\_\_ I will keep copies of important documents at/with \_\_\_\_\_.

\_\_\_ I will leave extra clothes with \_\_\_\_\_.

\_\_\_ I can tell \_\_\_\_\_ about the violence, discuss a code word and to call the police if necessary.

\_\_\_ I can get another phone (pay as you go) and keep it with me at all times or keep it with a friend.

\_\_\_ I will check with \_\_\_\_\_ to see if I can stay with them or to lend me money in case of an emergency.

\_\_\_ I will review my safety plan every \_\_\_\_\_ to ensure the safest way to leave.

Planning Safety for Violent Situations Be aware by paying attention to changes in mood and behaviour.

*Be ready to take action!*

The warning signs that \_\_\_\_\_ is likely to become abusive are:

\_\_\_\_\_

When I see these signs I can: \_\_\_\_\_

What are my personal limits? What would have to happen for me to leave? \_\_\_\_\_

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I can tell people that I am in an abusive relationship and discuss how they can help me to be safe. I can let them know about any custody and no contact orders that exist. I will instruct them exactly what to do if \_\_\_\_\_ calls or comes around.

Precautions I will take at my work: \_\_\_\_\_

Precautions I will put in place at school: \_\_\_\_\_

Precautions I will put in place at day care: \_\_\_\_\_

Precautions to discuss with neighbours: \_\_\_\_\_

Precautions to discuss with friends: \_\_\_\_\_

Precautions to discuss with family members: \_\_\_\_\_

\_\_\_ I will rehearse my escape plan and practice with my children using “where to go in case of an emergency” or a code word.

\_\_\_ I will use my judgement and intuition to protect myself and my children until I/we are out of danger.

\_\_\_ If I decide to leave, I will: \_\_\_\_\_

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### **Technology and Safety:**

- Abusers often use technology to keep track of and control survivors.
  - Turn the location settings off on your cell phone.
  - Use caution about your computer usage. Use a public computer, such as in a library.
  - Use caution of accessing bank and email accounts as it could be monitored.
  - Text messages and phone calls may be logged on your phone bill.

### **Safety Plan with your Children:**

- If the violence is escalating, avoid running to the children as your partner may hurt them as well.
  - Teach your children when and how to call 911
  - Teach them to leave the home if possible and where they can go “In case of an Emergency” (Not “if daddy does this...”)
  - Teach them a code word to say when they need to leave the home.
  - Teach them to stay out of the kitchen, bathroom, and other places where items are that could be used as weapons.
  - Teach to not intervene if there is violence in the home.
  - Help them make a list of people that they are comfortable talking to.

### **Preparing to Leave:**

- Violence could escalate when trying to leave, please keep in mind:
  - Keep evidence of abuse, pictures of injuries, texts
  - Document all incidences, with dates, events and threats. Keep this in a safe place.
  - If you are injured, go to a doctor or emergency room and report what has happened.
  - Be aware of resources available to you before crisis.
  - Acquire job skills or take courses as you can.
  - Try to set money aside or ask family and friends to hold money for you.
  - Open an additional bank account that is only in your name.
  
- Things to consider taking with you:
  - Driver's license and registration
  - Birth certificates/Passports
  - Social Insurance cards/blue cross/Alberta Health Care cards
  - School and medical records
  - Money, bank cards (credit cards can be traced)
  - Keys (office, vehicle, home, post office)
  - Medications
  - Photos/jewelry/sentimental items
  - Divorce papers/protection orders etc.
  - Mortgage papers/insurance papers/rental agreements
  - Children's favorite toys/blankets
  - Change of clothes

### **Safety for Pets:**

- If possible, do not leave your pet(s) with an abusive partner.
  - Have extra provisions for them, copies of medical records, proof of ownership, such as vaccinations and licenses (change registration of ownership if they are not in your name)
  - Look for friends or family that will help with temporary care. You can also talk to shelters or veterinarians that will accept pets or foster pets.
  - If you have to leave your pet behind, talk to police or animal control to see if they can help.
  - Ensure safety of pet after leaving by changing veterinarians and avoid leaving pets alone outside.

### **Safety after Leaving:**

- If you have a Protection order, keep it with you at all times.
- If possible, change your locks, get a security system, a large dog or motion detector lights.
- Let your neighbors know your situation, if you feel safe to do so, and ask them to call the police if necessary.
- Inform your employer of your situation, vary your work schedule if possible.
- Vary your daily routines.

- Consider a post office box to keep your address confidential.
- Consider an unlisted phone number.
- Put important documents in a safe deposit box or with a friend.
- Impress with your friends and family your need for confidentiality.
- Screen incoming calls and emails. Consider caller ID and having your number blocked.
- Change passwords to computers and personal accounts.
- Talk to schools, sports instructors or other caretakers about the situation and give copies of EPO or Peace Bond if necessary.

**Planning for Safe Custody Exchanges**

- Avoid exchanging custody at your home or your ex's home.
- Meet in a safe, public place (restaurant, bank or police station)
- Bring a friend or relative to the exchange or have them make the exchange.
- Consider having your ex pick up children from the school.

**Planning for Unsupervised Visits:**

- Develop a safety plan with your children if there are concerns for their safety while on a visit.
- Come up with ways to stay safe, where they can get to a phone, who they can go to and how to leave the house if necessary.

Notes: \_\_\_\_\_  
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