

PERSONAL SAFETY PLANNING

If you are in a violent relationship, one of the most important steps you can take is to make a safety plan

Safety if you stay:

Create an emergency escape plan for you and your children

Create a list of important numbers (shelters, police) and keep it handy

Tell your neighbours you would like them to call police if they hear fighting or screaming/ possibly children will go there.

Hide clothing, house keys, car keys, money, important documents (or copies), favourite toys, etc. at a friend or family member's home

Teach your children their own safety plan (i.e. safe place to go, how to use the phone to call for help, emergency exits, etc)

Safety if you leave:

Decide where can you go that is safe? (Shelter, family members, friends)

If possible bring:

- clothes for a few days
- medication
- money and keys
- important documents
(ID, birth certificates, immigration papers, health information)
- children's favorite toy

Call 911 if your safety is at risk when you are leaving.

Before You Go:

Go over safety plan with friend or counsellor

Get legal advice around getting a peace bond or restraining order

Call social services for information on financial assistance

Get legal advice about custody of your children (two hour free family violence advice from legal aid)

ALWAYS CALL THE POLICE IF YOU ARE CONCERNED FOR YOUR SAFETY!