Safety Planning

Domestic violence is a crime. You have a right to be safe. There are some ideas as to what you can do to regain some control over your situation.

- Safety whilst living with violence
- If possible, try to get to a room or area you can exit — not a bathroom or kitchen
- Have an extra set of keys and bag packed ready — maybe kept at the home of a safe friend/relative if you have to leave
- If possible identify a neighbour you can tell about the violence and who will call the police if they hear a disturbance
- Have a plan for where you will go if you need to leave home
- Discuss with your children a safety plan for what they need to do during an incident (do not intervene, get away and get help)
- Practice ways you and your children can leave your home safely and in the dark
- Don’t run to where your children are as your partner may harm them as well
- Make sure your children’s school/nursery know who is authorized to pick them up
- If you work make sure someone at work knows your situation
- Keep a copy of any Court orders with you
- Use your own instincts and judgement
- Teach your children:
  - what to do in an incident
  - how to call the police and a safe family member/friend
  - that violence is never right
- Take legal advice about your situation
- Learn defensive tactics. Learn how to position your body to reduce damage — dive into a corner, curl into a ball, protect your face with your arms each side of your head, fingers intertwined
- Do whatever you need to, to buy time/space to diffuse the situation and protect yourself and your children
- If you can get a mobile phone, programme it for emergency calls and have a code word that triggers help
- If possible open an account in your name and pay small amounts in
- keep a record of incidents/or tell someone who will keep a record, including:
time, date what happened, witnesses, names and numbers of police officers,
photographs etc
- Remind yourself of your worth, positive coping strategies and strengths
- Decide who you can talk openly with and who you need for support
- Frequently review your Safety Plan

**On making a decision to leave**

**What to take with you:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identification, birth certificates (for you and your children), national insurance card/number, passport etc</td>
<td></td>
</tr>
<tr>
<td>Health records – NHS card, school immunization records etc</td>
<td></td>
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<tr>
<td>Money – including details of accounts</td>
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<tr>
<td>Medication</td>
<td></td>
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<tr>
<td>Legal Orders</td>
<td></td>
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<tr>
<td>Agreements about your home – rent books etc</td>
<td></td>
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<tr>
<td>Insurance papers</td>
<td></td>
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<tr>
<td>Jewellery</td>
<td></td>
</tr>
<tr>
<td>Address book</td>
<td></td>
</tr>
<tr>
<td>Clothes, nappies, formula</td>
<td></td>
</tr>
<tr>
<td>Toys</td>
<td></td>
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<tr>
<td>Sentimental items</td>
<td></td>
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</tbody>
</table>

Before you resume a potentially abusive relationship, discuss alternatives with someone you trust.

Adapted from 'New Hope for Women, Working to End Domestic Violence' State's Attorney, Cook County, Illinois
This information held is agreed by

_______________________________  and  ______________________________

Date __________________________

I and my child/ren have a right to be safe.

1. If I decide to leave, I will practice how to get out safely.

2. I have taught my children what to do during an incident, and important telephone numbers.

3. I can tell ________________________________ about the violence and request they call the police if they receive the code-word or hear a disruption coming from my house.

4. I will use as my code for my ______________________________ friends and children to call for help.

5. I can leave extra money, clothes, documents with ______________________________

6. If I have to leave my home I will go to

____________________________

7. When I expect an argument I will move to an area with access to an outside door

____________________________

8. I can keep my purse and keys ready and put them in ______________________________

____________________________ in order to leave quickly.

9. I will rehearse my escape plan and, as appropriate, practice it with my children.
10. I will keep my mobile phone/change for the phone on me at all times.

11. I will use my judgement and intuition. If the situation is serious I can give my partner what they want to calm them down. I have to protect myself until I/we are out of danger.

12. When I leave I will have (refer to list on information leaflet)

    

13. If I have injuries I will have them treated by

    

14. I will talk to ___________________________ about what has happened.

15. I will give my children permission to speak to ___________________________ about their experiences.

16. If my children are hurt I will tell ___________________________

17. I will tell the following people who has permission to pick my children up

    

18. If I feel low I can ___________________________

19. To protect my children I can ___________________________

20. To feel stronger I can ___________________________

21. The formal support I have is (i.e. family centre attendance)

    

22. My informal support is (i.e. women's centre, friends)

________________________________________

________________________________________

23. I will review this safety plan with ____________________________
on ____________________________

24. I can be safely contacted at ____________________________

This Safety Plan is given to ____________________________

Signed ____________________________ ( )

Signed ____________________________ (Practitioner)

Adapted from 'A Guide to Domestic Violence' www.mppolice.com/safety.htm