

SAFETY PLAN

LEAVING AN ABUSIVE RELATIONSHIP OR SITUATION

1

ADD EMERGENCY NUMBERS INTO YOUR PHONE

(i.e. 911)

2

KEEP A PHONE IN A ROOM YOU CAN LOCK FROM THE INSIDE

3

PLAN AN ESCAPE ROUTE OUT OF YOUR HOME

Teach and practice it with your children

4

HIDE AN EXTRA KEY TO A VEICHL

5

SET IMPORTANT PAPERS IN A SAFE PLACE, PREFERABLY OUTSIDE YOUR HOME, SUCH AS A SAFETY DEPOSIT BOX OR WITH A TRUSTED FRIEND

Birth certificates, social insurance numbers, citizenship and immigration papers, Alberta health care cards, immunization records, etc.

6

PUT TOGETHER A SUITCASE OF ESSENTIAL ITEMS

Clothing, medicine, sentimental items

7

MAKE PLANS FOR YOUR PETS THAT YOU ARE UNABLE TO BRING

If you have no place to leave your pets and this will prevent you from leaving, mention this to the shelter when you call.

8

MAKE A LIST OF SHELTERS AND IMPORTANT PHONE NUMBERS THAT IS ACCESSIBLE BUT HIDDEN

If you are ready to leave, keep checking to see if there is a place for you and your children and to find out if there are any potential barriers to your entry.

9

SET UP EMERGENCY TRANSPORTATION THAT IS AVAILIABLE UPON REQUEST

Trusted friend or through community supports

10

CREATE A CODE WORD THAT CAN BE USED ON THE PHONE WITH A PERSON THAT IS TRUSTED

The code word could mean to contact the police or inform them that you are leaving. It may also be important to develop signals or codes for neighbors to call the police such as banging on the floor or wall in case of an emergency.

11

LOOK AT OPTIONS FOR SAFE PLACES (A FRIEND, A NEIGHBOR, A RELATIVE, MOTEL, OR EMERGENCY SHELTER)

If you can do so safely contact the people in advance to let them know you are coming. This allows them to watch for you and call for help if need. Do not go to a friend or relatives house if your partner/caregiver is likely to try and find you there. This can be dangerous for you and those trying to assist.

12

WHETHER CALLING A SHELTER OR OTHER RESOURCES, PHONE ANOTHER NUMBER IMMEDIATELY AFTERWARDS

This is to prevent your partner/caregiver from pressing the redial button and finding out whom you were speaking with.

13

IF YOU HAVE A SUPPORT PERSON THAT YOUR PARTNER/CAREGIVER IS UNAWARE OF, KEEP THAT PERSON'S NAME AND ADDRESS CONFIDENTIAL

14

REVIEW YOUR SAFETY PLAN MONTHLY

Review updated safety plan procedures with your children



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