

Children's Safety Plan

- Have your child pick a safe room or place, preferably with a locking door and a phone and tell them that should violence occur they are to go to their safe place and lock the door.
- Explain, they are a bigger help to you if they are safe and can call for help than for them to try to help you.
- Create a code word or gesture that will signal to the children to go to their safe place and call for help.
- Teach them not to use a phone in view of the abuser, if they can; they should go to a neighbour.
- If you have a cell phone teach the children how to use it to dial 911. Rehearse what the children will say when they call for help.

For example:

Dial 911

An operator will answer & say "Police, Fire or Ambulance"

Your child should say "Police"

Then your child should say, "My name is _____"

"I need help, send the police, someone is hurting my mom.

The address here is _____ the phone number here is _____"

- It is important that the children leave the phone off the hook, the police may call back which could create a dangerous situation for you and them
- Pick a safe place to meet out of the home so you can find each other after you are safe.
- Teach them the safest route to the planned meeting place.
- If you do leave try to take the children with you because once you are gone the police cannot help you get the kids unless you have a custody order.
- If you and your ex are split and he has visitation get someone else to drive them and pick them up.
- Make sure all your children know their full name, your full name, their address and phone number plus know how to use a cell phone, pay phone and land line. Teach them how to make a collect call and teach them the number of a trusted friend. 911 calls are free from cell phones and pay phones. Tell them not to hang up the phone because then the police can trace their location.

List of Important Phone Numbers

You should keep all your important numbers written down in case your abusive partner destroys your phone or erases the numbers. Make a photo copy and keep one copy hidden and one in your purse or somewhere easily accessible.

Here are a few numbers you should make sure to have:

The local police detachment _____

Nearest women's shelter _____

Children's school or daycare _____

Your Lawyer _____

Legal Aid _____

Court registry _____

Victim's Services _____

Domestic Violence Crisis Line _____

Doctor _____

Family members _____

Work _____

Others _____

List of things if you get a chance to return to the house to collect belongings later.

This brochure was made in an effort to save the lives of women/men who find themselves in a violence relationship. It does not guarantee a person's safety and a person should always follow their gut instincts when in danger.

If you or someone you know is unsure if they are in an abusive relationship or if you need someone to talk to about the relationship you are in you can visit my website, www.ladywithatruck.com.

You are not alone.

Domestic Violence Safety Plan



Abuse rarely starts with physical violence; instead it is a deliberate, insidious, and subtle destruction the victim's self esteem and confidence.

- It often includes: isolation, put downs, gas lighting, destruction of personal property, threats, bullying, intimidation, financial control, and crazy making and escalates in frequency, and intensity.
- Victims often feel they have met their soul mate, and are confused when the person who once loved them like no other turns on them and they can do nothing right. The victim ends up constantly walking on egg shells
- By the time the victim realizes they are in danger they often feel they has no option but to stay with the abuser.
- The most dangerous time during an abusive relationship is just prior to or soon after the victim leaves the relationship.
- It is crucial that you develop a safety plan to keep yourself and the children safe.
- Never assume because your partner has not been physically violent, they won't at some point.

Staying Safe While Still Living With an Abusive Partner

You should be prepared to leave on a moment's notice should your life be in danger. Knowing you have options can be empowering, most victims of abuse feel they have no options but to take the abuse.

1. Make note of the times your partner becomes abusive so you can be prepared should things escalate.
2. When you feel the situation escalating try to move to a room that has an exit (ie: not the bathroom) and doesn't have potential weapons. (ie: the kitchen)
3. Keep knives out of sight so they are not easily accessible.
4. Keep in mind that scarves and necklaces can be used to strangle the victim or tie them up.
5. Keep a packed emergency box or suitcase at a trusted friend's (a list of contents to follow)
6. Get in the habit of backing into the driveway and keep the car fuelled up
7. Try to put some money aside, even \$20-\$30 for a taxi, but put as much aside as you can safely without drawing suspicion.
8. Talk to neighbours and ask them to call the police if they hear a disturbance at your house.
9. Teach the children their safety routine.
10. Find your nearest woman's shelter and talk to someone there about your situation, they can educate you on resources available to you should you decide to leave and other valuable information.
11. Make copies of all your important papers (list to follow)
12. If you are intending to leave the relationship do not tell the abuser, remember abuse escalates when the abuser feels he may lose control of the victim.
13. If you are being attacked curl up in a ball on the floor and protect your head with your arms.
14. Keep a journal documenting any abuse and photos of any injuries sustained from abuse. Hide them or give them to a trusted friend for safe keeping.
15. Be careful what sites you visit on your phone or home computer, your partner may have an app installed to spy on your internet activity. Even if you erase your history and cookies you may not be safe.

Things to Put in Your Emergency Bag

Make photo copies of these documents and pack them in your emergency box. Try to keep the originals easily accessible but if you can't take them when you leave at least you will have photo copies.

- Driver's license, registration, and insurance papers
 - Med card, SIN card, passport, immigration papers, work visa, birth cert, First Nations Status card, Citizenship papers for you and the children.
 - School records
 - Immunization records,
 - marriage certificate, divorce papers, protection orders, custody agreement, court orders, any other legal document
 - Lease/rental or mortgage papers
 - All income assistance documentation
 - Address, telephone book
 - Bank information
 - All credit cards
- Also pack:**
- A spare set of keys for the house, vehicles, workplace, safety deposit box
 - Emergency money (in cash) hidden
 - A change of clothes for you and the kids
 - A special toy for each child
 - Your journal, pictures etc documenting abuse
 - Pictures of your spouse and children in case he takes them, to show police and schools etc
 - Anything of sentimental value to you ie: jewelry

The police will escort you back to the house to retrieve any belonging you leave behind. It helps to make a list before hand so you don't forget anything. Under NO circumstance should you go back to the house alone or agree to meet the abuser no matter what he says or promises.

Staying Safe After You Have Left

Follow the same rules for staying safe while living with the abuser and add the following precautions

- Keep your location a secret.
- Do not assume that your ex will not find you.
- Get a Protection Order and use it.
- Notify the police if your ex has any guns or other weapons
- Go no contact, stay off social media and block him on your emails, face book, etc
- Get a new cell phone (he may be tracking your phone) and get an unlisted number.
- Have your vehicle checked for a tracking device or if possible get a different vehicle.
- Do not move to a remote area.
- Install smoke detectors throughout the house and fire extinguishers on each floor.
- Get dead bolts for the doors and put sticks in the windows
- If you can, buy an alarm system and security camera. You can monitor the camera from your phone.
- Replace wood doors with steel and install a peep hole
- Keep entranceway to home well lit and clear of bushes where someone could hide. If the light is out don't assume the bulb is burned out, it could just be loosened.
- Keep all doors and windows locked at all times.
- Inform local police if you move to a new town.
- Inform the children's school/daycare that your ex is not to pick up the children without your prior approval
- Inform your boss of the situation and ask to have your calls screened and if your ex shows up at work to call police.
- Park in the open, avoid underground parking, park on the street under a street light if possible, have someone walk you out to your car, lock the car as soon as you get in.
- Buy a personal alarm system
- Remain very aware of your surroundings at all times. Listen to your gut, if you sense danger leave the area quickly, do not doubt your gut instincts.
- Call a trusted friend every time you go out and come home so they know you are safe.
- Change your routine, take a different route to work, change banks, churches, gyms, any services you usual use.
- Change where and time you do things like grocery shop
- If you are being followed by the abuser drive straight to a safe place and honk your horn continuously. Do not get out of the vehicle until help arrives.