

# Your Domestic Violence Safety Plan

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## Safety during a domestic violent incident

- I can tell \_\_\_\_\_ (neighbours) about the abuse and ask them to call the police if they hear sounds of a violent attack, coming from my house.
- If violence and abuse is occurring, or is likely to occur, I can move to \_\_\_\_\_ a room with easy access to an exit).  
Don't go to the kitchen, bathroom or near possible weapons.
- The quickest/safest route out of my home is \_\_\_\_\_  
\_\_\_\_\_
- I have practiced escaping in this way
- The quickest/safest route out of my workplace is \_\_\_\_\_  
\_\_\_\_\_
- I have practiced escaping that way.
- I have taught my child/ren to use the telephone to call 999 in an emergency.
- I will carry a phone card, change for a pay phone, and my mobile phone at all times and ensure that there is always credit so I can ring for help in an emergency.
- I will keep a small amount of money on me in case I need to leave quickly
- I have told my child/ren to get out of the room/leave the house/run to \_\_\_\_\_ for help in an emergency.
- I will use this code word \_\_\_\_\_ for my children, friends, or family to call for help.
- If I decide to leave, I will go to \_\_\_\_\_
- I will keep my purse and car keys at \_\_\_\_\_ in order to leave quickly.
- I can pack an emergency bag and leave it at \_\_\_\_\_  
\_\_\_\_\_ so I can leave quickly.
- I will use my judgement and intuition. If the situation is very serious, I will try and give my partner whatever he/she wants to calm him/her down. It is important that I try to protect my children and myself until we can get out of danger.

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## Safety when getting ready to leave

- I will keep important documents (birth and marriage certificates, passports, medical cards, benefit books, bank and building society books, rent/mortgage details, driving licence, car registration documents, details of car insurance, immigration documents) or copies at: \_\_\_\_\_
- I will leave some extra clothes, personal possessions, medication, cash and spare keys with \_\_\_\_\_
- I will open a savings account by \_\_\_\_\_(date) to increase my independence.
- Other things I can do to increase my independence are:  
\_\_\_\_\_  
\_\_\_\_\_
- The domestic violence national helpline number is 0808 2000 247
- The local domestic violence helpline number is: 0161 793 3232
- Other numbers for support agencies are:  
\_\_\_\_\_  
\_\_\_\_\_
- I can stay with \_\_\_\_\_ in an emergency
- I can borrow money from \_\_\_\_\_ in an emergency
- If I plan to leave I won't tell my abuser in advance face-to-face, If I want to tell them I will leave or send a note, or call once I am in a safe place.
- I will ensure that I never tell my abuser where I am staying
- I will review my safety plan every \_\_\_\_\_(time frame) in order to review whether it is still working for me.
- I will review the plan with \_\_\_\_\_ (a friend, agency worker, counsellor or advocate.)
- I will review and rehearse my escape plan every \_\_\_\_\_ (time frame) and practice it with my children.

## Safety At Home (if not living with the abuser)

- I can change my door locks, have extra locks installed and put locks on windows. Completed \_\_\_\_\_ (date)

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- I can ask trusted neighbours (if they know my ex partner) to inform me if they see him anywhere near to my home.
- I can apply for the Sanctuary scheme to be installed at my property  
Completed \_\_\_\_\_ (date)
- I can install smoke detectors and buy fire extinguishers for each floor of my home  
Completed \_\_\_\_\_ (date)
- I can install an outside lighting system that lights up when someone approaches my home. Completed \_\_\_\_\_ (date)
- I can get a security system e.g.  
burglar alarm (installed) \_\_\_\_\_  
homelink alarm from police (installed) \_\_\_\_\_ (due for removal) \_\_\_\_\_  
community alarm (installed) \_\_\_\_\_
- I will always ensure that I am clear which is the quickest escape route (dependent on where we are in the house), and will share this with my children.
- I will teach my children to dial 999, or to phone a friend or someone close by
- I will always use 141 before I make a call, but better still I will call 150 (Customer Services for BT) so my number can be withheld at all times.  
Completed \_\_\_\_\_ (date)
- I will tell the people who care for my child/ren, who has permission to pick up them up and that my partner is NOT allowed to. Inform the following people:  
School \_\_\_\_\_  
Nursery/Childminder \_\_\_\_\_  
Babysitter \_\_\_\_\_  
Sunday School \_\_\_\_\_  
Teacher \_\_\_\_\_  
And \_\_\_\_\_  
Others \_\_\_\_\_
- I can apply for a non molestation order to protect myself from future aggression from my abuser.  
Completed \_\_\_\_\_ (date)  
Order expires \_\_\_\_\_ (date)
- I can apply for an occupation order to protect myself from future aggression from my abuser.  
Completed \_\_\_\_\_ (date)  
Order expires \_\_\_\_\_ (date)

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- I will keep copies of these court orders safe in case I need them in an emergency I will keep them \_\_\_\_\_
- Other agencies who I have given a copy of my court orders are:  
\_\_\_\_\_(local police station)  
\_\_\_\_\_(police domestic violence unit)  
\_\_\_\_\_(advice worker/support worker)
- I will tell (and give a copy of) my employer, my religious leader, my friends, my family, children's school etc and others that I have a court order.
- If my court order gets destroyed, I know I can go to the court in which it was made and get another copy.
- If my abuser violates the protection order, I will call the police and report it. I will call my solicitor, my advocate, counsellor, and/ or tell the courts about the violation.
- If the police do not help, I will call my advocate or my solicitor
- I will change my mobile phone number
- I will change my landline number
- I will get an answer phone to screen calls
- I will ask for number-withheld calls to be barred from my landline
- I will stop using joint accounts and close them as soon as is possible
- I will explain to my children that its important to keep where we live confidential

### **Job and Public Safety**

- I can tell my boss, security, and \_\_\_\_\_ at work about this situation.
- I can ask \_\_\_\_\_ to help screen my phone calls.
- I can ask the IT department to change my e-mail address, and whether it is possible to screen out e-mails from my abuser etc.
- When leaving work I can do the following:  
\_\_\_\_\_  
\_\_\_\_\_
- When I am driving home from work and problems arise, I can:  
\_\_\_\_\_  
\_\_\_\_\_

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- If I use public transportation, I can:

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- I will shop at different supermarkets and shopping centres at different hours than I did when I was with my partner.
- I will use a different bank and bank at different hours than I did when I was with my partner.
- I will change any regular appointments that my partner knows about
- I will alter my routines as much as possible

## Drug and Alcohol Use

- If I am going to use drugs or alcohol, I am going to do it in a safe place with people who understand the risk of violence and who are committed to my safety.
- I can also  

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- I can also contact 

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 for support to stop/reduce my use of alcohol/drugs.
- If my partner is using, I can  

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- I can also 

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- To protect my children, I can 

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## Emotional Health

- If I feel depressed and ready to return to a potentially violent situation/ partner, I can call 

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 for support and help.
- When I have to talk to my ex partner on the phone I can:  

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- I will use "I can..." statements and I will be assertive with people.
- I can tell myself "

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" when I feel people are trying to control or abuse me.
- I can call the following people and/ or places for support:  

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## Your Domestic Violence Safety Plan

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- Things I can do to make me feel stronger are:

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- Things I have tried before which make me feel worse are:

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Always keep your safety plan safe and never leave it where it could be found by your abuser.

Share this safety plan with a trusted friend or family member, and also with trusted agency workers you are in contact with. If you are happy to do so then give them a copy and then they can work with you to monitor your progress.