

Safety Planning – Recently Separated

So far, the following are people who already know about the abuse:

Their responses have been helpful/unhelpful in the following ways:

The process of leaving an abusive relationship can be overwhelming. The following are people I can trust to keep my privacy about what I am thinking and/or planning:

If abusive behaviours continue or stalking behaviours begin I can keep a record of abusive incidents, such as pictures of injuries, texts, emails etc. in a safe place at

Below are some strategies that others have sometimes found to be helpful in increasing safety after leaving an abusive situation. Check off the ones that you want to try and discuss with a worker if you need help getting started.

I can take the following steps to ensure my home is as safe as possible:

- Change my locks or change the keyless entry code, security code, and disable garage door opener
- I can ask _____ and _____ to contact the police if they see my abuser near my residence.
- I can make sure my street number is clearly marked and clearly visible for emergency response
- I can make sure windows are covered and all entrances are well lit. I can ensure my name is not on my mailbox or apartment directory.
- I can talk with others living in my home about safety concerns and teach my children to not open the door, even to someone they know.
- If my abuser has been in my home, I can consider moving furniture around so that my abuser is not aware of the layout of the residence.

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- I can contact the police to find out my rights re: possible protective orders (Restraining Orders, Emergency Protection Orders etc)
- I will talk to _____ about having a security system installed for my safety.
- I can purchase smoke detectors and fire extinguishers for each floor in my house/apartment.
- I can install an outside motion lighting system.
- Put kitchen utensils and knife block in the cupboards so they are not accessible.
- I can have an unlisted phone number and only give my new number to those people I trust. I will not leave my name on my answering machine and can use the electronic voice message to increase my anonymity. I can have safety features installed on my phone such as call block, caller ID, voice mail, etc.
- I will apply for a parenting order.
- I will teach my children our address and get them to practice the address and landmarks.
- I can have a code word I can use with friends/family/children that alerts them to danger and to call for help. This word will be _____
- I will ensure that the school, day care, and police have a copy of all court orders, including restraining orders, custody and access orders, as well as a picture of the abuser.

I will tell people who take care of my children who has permission to pick up my children and that my abuser is not permitted to do so. The people I will inform about pick-up permission include:

School/Teacher:

Day Care Staff:

Baby Sitter:

Coach/Instructor:

Others:

Safety on the Job and in the Public

- I will inform my boss (if safe to do so) and _____ at work of my situation so they can also be part of my safety plan.

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- When leaving work I will call _____ and let them know I am leaving. I will leave with _____ who can make sure I get to my vehicle safely.
- I will park my car in well-lit areas and will back into parking spots for easy escape.
- I will vary my usual routines and use different stores/banks to conduct business.
- I will be aware of my surroundings, as best as I can and trust my instincts if I am scared/worried/fearful.
- If I arrive or leave work in the dark or work late, I will move my car as close to the entrance, as possible.
- Change the patterns of when I arrive and leave work and the routes I take home; if I am walking I will take a route that is populated and well-lit.
- If I see my abuser on the street, I will get to a public place as quickly as possible.
- If using public transit, I can get off at a different stop different than my abuser may expect or wait to exit until others are also exiting. If in danger, I can notify the driver to call 911.

If I am being followed I will:

If I agree to see my abuser, I can go to a public place so that we will not be in an isolated place:

Safety with a Court Order

- I know that the police can sometimes help with specific types of protection orders. I can also apply for civil restraining order on my own, even if there are no criminal charges through the Queens Bench Courthouse. If I get a protection order of any kind I will report all breaches of the order to the police.
- I will get a copy of my protection order from the court office and keep it with me at all times.
- If I relocate to another city/town, or if I work in a city/town other than where I reside, I will notify the Police Services in that city/town of my new address and work location and of my partner's violent behaviour and the details of his or her court order.
- I will keep in mind that many types of Protection Orders are provincial and may only be in effect in the province in which it was obtained.