

Safety Planning – Preparing to Leave

If you are planning to leave an abusive situation you must keep your safety in mind. Individuals who are abusive often increase the abusive behaviour when they sense their partner is about to leave.

Getting Prepared

- I will leave money and an extra set of keys with _____
- I will photo copy and keep copies of important documents at _____
(see attachment)
- I will open a savings account by (date) _____

Other things I can do to increase my independence include:

- I can contact _____ and _____ for a temporary place to stay and for emergency financial assistance.
- I can leave extra clothes with _____

Remember:

- The local Women's Shelter phone number is _____; Medicine Hat Phone number is 403-529-1091 or 1-800-661-7949
- My Counsellor's phone number is _____
- To make emergency phone calls and to keep them private, I can keep change and Quick Change (an anonymous phone card) with me at all times. I understand that if I use my telephone credit card the next month's bill will reveal the numbers I have called recently, including those made after I left. If I need a new telephone credit card immediately, I could borrow one from a friend for a limited time when I first leave. I will check with the phone service to make sure that the last number I have called cannot be accessed by my partner.
- I will rehearse my safety plan and practice it with my children.
- I will teach my children our address and identifying landmarks.
- I will review and revise my safety plan every _____ in order to plan the safest way to leave the residence.
- If I have been injured I will go to the doctor or an emergency room and report what happened. Ask that they document the visit.
- Keep a journal of violent incidents with dates and times. Record any visits to the doctor or hospital with dates and times. Have pictures taken of my physical injuries and keep them in a safe place.

