

Safety Plan If You Have Recently Separated

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Sometimes abusive partners will continue abusive and controlling behaviours even after you separate. There are many things a woman can do to increase her safety in her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

I can use some or all of the following safety strategies:

I can change the locks on my doors and windows as soon as possible.

I can replace wooden doors with steel or metal doors.

I can install security systems including additional locks, window bar poles to wedge against doors, an electronic security system, etc.

I can purchase rope ladders to be used for escape from second story windows.

I can install smoke detectors and purchase fire extinguishers for each floor of my home.

I can install an outside lighting system that lights up when a person comes close to my house.

I can ensure my name is not on my mailbox or in an apartment directory.

I can have an unlisted phone number and I will only give my new number to those people I trust.

These people include: _____.

I will not leave my name on my answering machine and can use the electronic voice message to increase my anonymity.

I will teach my children how to use the phone to make collect calls to me and to _____
(person) in the event my partner takes the children.

I can block email messages from my partner or switch Internet service providers. If my abuser can access my email password, I can _____.

I can have safety features installed on my phone such as call Block, caller ID, voice mail, etc.

I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about this include:

_____ (School/Teacher)

_____ (Daycare staff)

_____ (Babysitter)

_____ (Friend/neighbour)

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Safety on the job and in Public

Each battered woman must decide if she will tell others that her partner has battered her and that she may be at continued risk. Friends, family and co-workers can help protect you. Each battered woman should carefully consider which people to invite to help secure her safety.

I might do some or all of the following:

I can inform my boss and _____ (person) at work of my situation.

I can ask _____ (person) to help screen my phone calls at work.

When leaving work, I can _____.

When driving home, if problems arise, I can _____.

If I use public transit, I can _____.

I will go to a different grocery store and shopping mall to conduct my business and shop at hours that are different than those when residing with my battering partner.

I can use a different bank and take care of my banking at hours different from those I used when residing with my battering partner.

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

I can also _____

I will review and revise my safety plan every _____ (time frame) to make sure I am on track.

Safety With a Court Order:

I can report to the police any violations of the conditions of a court order. If the police officer will not help me, I can report the breach to the Chief of Police in the area where the court order was violated. I can get a copy of my partner's court order from the court offices located at _____ and keep it with me at all times.

If my partner destroys the order, I can get another copy at _____. If I move to another town or district, I will notify the local police of the court order, my new location, and my partner's history of violent behaviour.

I will do the same thing if I often visit other cities/towns/countries.

The numbers I need to call are: _____.

I will tell the following people _____
(boss, religious leader, close friend, counselor) about the order, including all conditions.

I will provide a copy of the order to relevant people including my children's school, daycare, and police. I will give these people a photograph of my abuser so that they can recognize him/her.

I will keep this document in a safe place and out of reach of my potential abuser.

Review Date: _____