

Safety Plan (Not Living with the Abuser)

- ❖ I can change my door locks, have extra locks installed and put locks on windows.
Completed _____ (date)
- ❖ 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)_____
- ❖ I will always ensure that I am clear which is the quickest escape route (depending on where we are in the house), and will share this with my children.
- ❖ I will teach my children to dial 911, or to phone a friend or someone close by

- ❖ I will tell the people who care for my child/ren, who has permission to pick them up and that my partner is NOT allowed to. I understand that if my partner has parental responsibility then I will have to get a court order to stop him from being allowed to collect the children from school/nursery. I will inform the following people:

The HOTLINE: 800-799-7233

School _____

Daycare Provider _____

Others _____

- ❖ I can apply for an Order for Protection/Military Protection Order to protect myself from future aggression from my abuser.

Completed _____ (date)

Order expires _____(date)

- ❖ 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)

- ❖ 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 abuser violates the protection order, I will call the police and report it and/ or tell the courts about the violation.

- ❖ I will change my mobile phone number

Job and Public Safety

- ❖ I can tell my boss, security, and _____ at work about my safety concerns,

- ❖ When leaving work I can do the following:

The HOTLINE: 800-799-7233

- ❖ 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 the passwords and security questions on all of my internet accounts including banking and social media.
- ❖ I will change any regular appointments that my partner knows about
- ❖ I will alter my routines as much as possible

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 a trusted Advocate you are in contact with. If you are willing then give them a copy and then they can work with you to monitor your progress.

I will ensure that I never tell my abuser where I am staying