

Domestic Violence Personalized Safety Plan

Name: _____ Date: _____

The following steps represent my plan for increasing my safety and preparing in advance for the possibility of further violence. I do not have control over my partner's violence; I do have a choice about how to respond to him/her and how to best get myself and children to safety.

STEP 1: Safety during a violent incident.

I can use some of the following strategies:

- A. If I decide to leave I will _____
(Know what doors, windows, elevators, stairwells would you use)
- B. I can keep my handbag and car keys ready and put them (location) _____
in order to leave quickly.
- C. I can tell _____ about the violence and request that he/she
call the police if he/she hears suspicious noises coming from my house.
- D. I will give my children permission to go to the neighbours if they are feeling
frightened.
- E. I will encourage my children to stay out of adult arguments and fights.
- F. I can teach my children how to use the telephone and how to contact emergency
services by dialling 000. Teaching them when to call emergency services.
- G. I will use _____ as my code with my children or my friends so they
can call for help.
- H. If I have to leave I will go to _____ (do this even if you
think there won't be another time)
- I. When I expect we are going to have an argument, I will try to move to a place that is
low risk such as _____ (Try to avoid arguments in the
bathroom, kitchen, and garage, near weapons or in rooms without access to an
outside door).
- J. I will use my judgement and intuition, if the situation is very serious, I can give my
partner what he/she wants to calm him/her down. I have to protect myself until I
can leave.
- K. Keep all abusive messages and/or texts on your phone as they can be used as
evidence.

STEP 2 Safety when preparing to leave: Leaving must be done with a careful plan in order to increase safety. Perpetrators may escalate their use of violence when they believe that the women/man is leaving the relationship.

- A. I will leave money and an extra set of keys with _____ so I can leave
quickly.

- B. I will keep copies of important documents or keys at _____. (Try to avoid mutual friends or family). Documents such as: Identification, AVO, birth certificates, Medicare/health care cards. Centrelink concession cards, bank cards, car registration papers, rent or mortgage agreements.
- C. I will open a savings account by _____ to increase independence.

Other things I can do to increase my independence include:

- D. The domestic Violence service number is _____ (I can seek accommodation by calling this number)
- E. I will keep my mobile phone with me and charged at all times. If I need to have a secret phone that is prepaid I will keep it _____.
- F. Delete all messages from your phone or computer that could alert your abuser of the plan. If on a computer make sure to empty the sent folder after deleting.
- G. I will rehearse my escape plan and, as appropriate, practise it with my children.
- H. I will try to keep small amounts of money with me for bus fares. Put away emergency money a little at a time.
- I. I will open a P.O. Box that no one knows about for important letters or bank account.
- J. I will change my pin codes and passwords and bank account details.
- K. Create a new email address.

STEP 3 Safety in my own residence. It may be impossible to do everything at once, but can be added step by step.

- A. I can change the locks on my doors and windows as soon as possible.
- B. Put a lock on the electricity box.
- C. I can install security systems including additional locks, window bars, and poles to wedge against doors or in the track of windows or doors so they cannot be opened.
- D. I can install outside lighting that lights up when a person come close to my house.
- E. 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 pick permission includes: School, day care staff, babysitter, teachers.
- F. Let neighbours, family or friends know that he/she no longer resides with me and they should call the police if he/she is observed near my residence.

STEP 4 Safety with an Apprehend violence order (AVO)

The following are some steps I can take to helps the enforcement of my AVO.

- A. I will keep my AVO _____ (location).
- B. I will inform by employer, my closest friend and _____ that I have an AVO in place.

- C. If my partner breaches the AVO, I can call the police immediately and report a breach, contact my lawyer, call my advocate.

Step 5 Safety on the job and in public. Each person must decide if and when he/she will tell others that she is experiencing family and domestic violence and that she may be at continued risk. Family, friends and co-workers can help protect me. Each person should consider carefully which people to invite into her safety network.

I might do any or all of the following:

- A. I can inform my boss, or supervisor and _____ at work of my situation.
- B. I can ask _____ to help screen my telephone calls at work.
- C. When leaving work I can _____.
- D. When driving home if problems occur I can _____.
- E. If I use public transport I can _____.
- F. I can use different shopping centres to conduct my business and shop at different times than I used to.
- G. If I use social media (Facebook) I can _____.

The main thing is to keep myself and children safe, if I need to just leave with my children to get out I will.