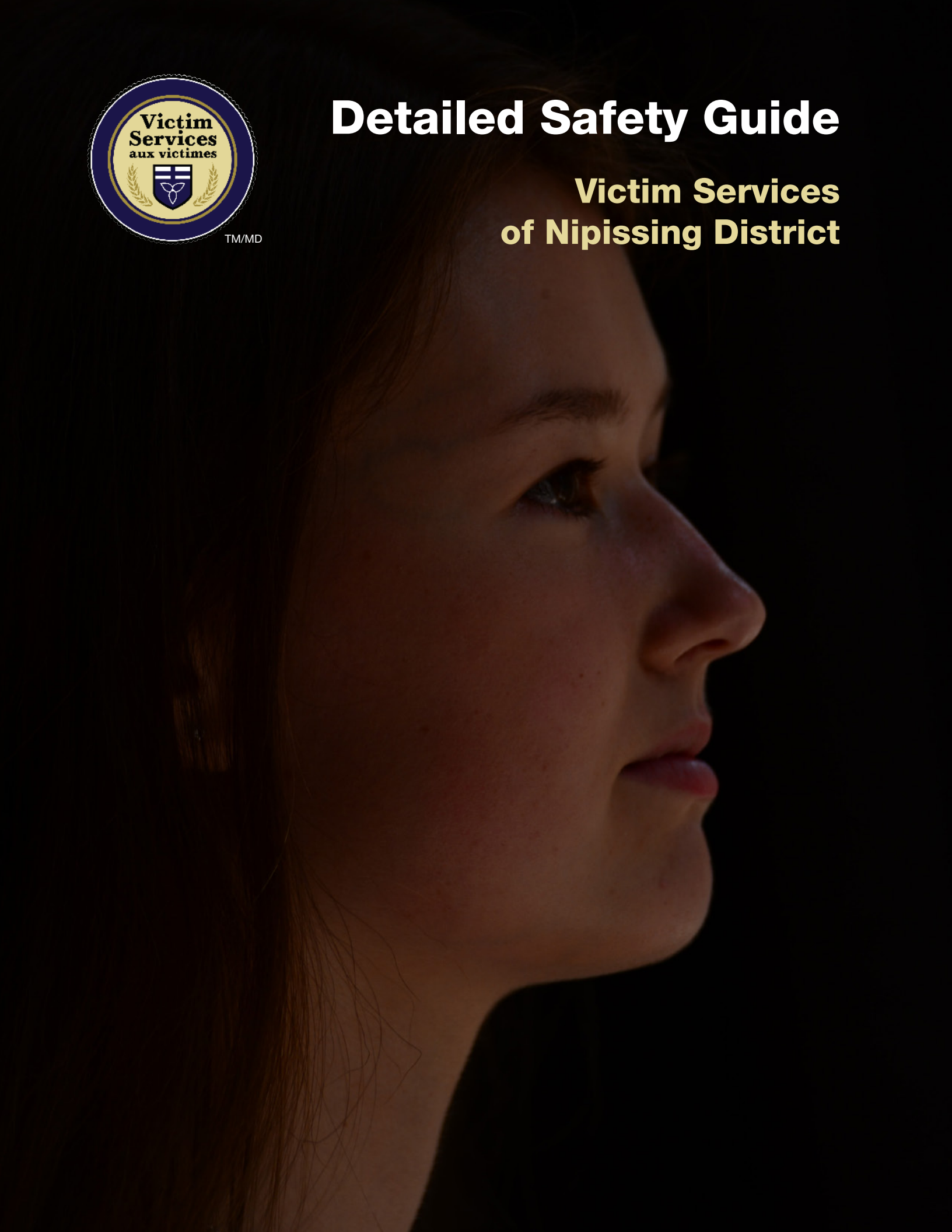




Detailed Safety Guide

**Victim Services
of Nipissing District**





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TABLE OF CONTENTS

Planning your safety	Page 2
What is the Canadian Victims Bill of Rights (CVBR)?	Page 3
Assessing your safety: Cues that I am in danger	Page 3
Other things to consider when assessing your situation	Page 4
If you are living with your abuser	Page 5
Preparing to leave an abusive relationship.....	Page 6
Items to take when you leave.....	Page 8
If you are not living with your abuser.....	Page 9
Safety in the community.....	Page 10
Safety at work	Page 11
Technology safety planning.....	Page 12
Documenting.....	Page 13
Online Supports	Page 13
Safety planning with your children	Page 14
Equality and power and control wheels	Page 15-17
Emotional safety planning	Page 18
Self-care apps	Page 19
My personal self-care plan	Page 20
Flashback halting protocol	Page 21-22
Nightmare halting protocol.....	Page 23
Stalking log book.....	Page 24
Code word log.....	Page 25
Important phone numbers.....	Page 25
My notes.....	Page 265

While every effort has been made to ensure the accuracy of the information/advice contained herein. Victim Services of Nipissing District assumes no responsibility for and gives no guarantees, undertakings or warranties concerning the accuracy, completeness or up to date nature of the information provided and does not accept any liability whatsoever arising from any errors or omissions or implementation of the advice.

PLANNING YOUR SAFETY

This information package offers ideas and suggestions to think about if you feel that you may be in danger from an abuser.

You may feel that you are in danger from physical abuse, threats to cause harm or death to yourself or loved ones, sexual violence, harassment, stalking, breaking into your home, forcible confinement and/or kidnapping.

Don't try to do everything right away, **take it one step at a time** and start with ideas that seem realistic and right for you. Keep in mind that it is important to **review and/or update your safety plan regularly** as abusive relationships and risks can change very quickly.

Victim Services is here to help, **YOU ARE NOT ALONE!**

- You are the best one to assess your own situation and it is important to not doubt yourself and always trust your own gut, instincts, judgement and experience.
- These are some strategies that might help enhance your physical safety or feelings of safety, in addition to what you may already be doing. Remember, no strategy is a guarantee to your safety, but may give you a sense of safety.
- If a strategy feels like it will increase your risk, no matter what anyone else might say: do not do it!
- These strategies all involve making choices about what feels safer to you. It is important for you to choose ones that are possible or practical for you to do in the context of your life.
- These strategies will need to be reassessed as your situation changes. It is also helpful to periodically review your safety plan, even if your situation remains unchanged.
- It might feel easier to look at these strategies with the support or assistance of a counselor or trusted friend or family member.
- It is important that you keep this safety planning information in a safe place where your abuser cannot find it.



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WHAT IS THE CANADIAN VICTIMS BILL OF RIGHTS (CVBR)?

The Canadian Victims Bill of Rights is a set of principles that guides how victims of crime should be treated at different stages of the criminal justice process.

A victim, according to this Act, is defined as an individual who has suffered physical or emotional harm, property damage or economic loss as the result of a crime.

The CVBR provides for the following statutory rights for victims of crime:

- The Right to Information
- The Right to Participation
- The Rights to Protection
- The Right to Restitution

For more information on the Canadian Victims Bill of Rights you can search "Victims of Crime" at www.canada.ca

ASSESSING YOUR SAFETY

CUES THAT I AM IN DANGER:

Does the abuser change just before becoming violent?

- | | |
|--|--|
| <input type="checkbox"/> Look in the eyes change? | <input type="checkbox"/> Threatens verbally or non-verbally before striking you? |
| <input type="checkbox"/> Posture changes (fists clenched, etc.)? | |
| <input type="checkbox"/> Voice changes? | <input type="checkbox"/> What are other indications that your abuser may hurt you? |
| <input type="checkbox"/> Face changes expression or color? | |

Does your behaviour change before violence?

- | | |
|--|---|
| <input type="checkbox"/> Do you have physical responses to fear you may feel before an attack (for example, stomach pains, headache, a tight feeling in your chest)? | <input type="checkbox"/> Do you feel anxious? |
| | <input type="checkbox"/> Are there other things you feel before experiencing physical violence? |

What circumstances exist before the violence?

- | | |
|---|---|
| <input type="checkbox"/> Alcohol/drug use? | <input type="checkbox"/> Are you in your home or outside of the house? |
| <input type="checkbox"/> Lack of money? | |
| <input type="checkbox"/> Pay day? | <input type="checkbox"/> Birthdays? |
| <input type="checkbox"/> Day of week? | <input type="checkbox"/> Anniversaries? |
| <input type="checkbox"/> Time of year? | <input type="checkbox"/> Holidays? |
| <input type="checkbox"/> Are certain people around? | <input type="checkbox"/> Sports events? |
| <input type="checkbox"/> Are certain people not around? | <input type="checkbox"/> Are there other circumstances that happen before you the violence? |

OTHER THINGS TO CONSIDER WHEN ASSESSING RISK

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- ☐ Fantasies or threats of homicide or suicide by the abuser
- ☐ Pending or actual separation
- ☐ Pending or actual serving of court orders (divorce papers, restraining orders, child custody)
- ☐ A new relationship
- ☐ Other dates or events that remind the abuser of their diminished control
- ☐ Pregnancy
- ☐ Children in your home
- ☐ Threats of, or actual child abuse; child(ren) witnessing of violence
- ☐ Depression and/or psychiatric history
- ☐ Drug or alcohol use
- ☐ Prior use of, access to, or possession of weapons (Guns, knives, ropes, etc.)
- ☐ Military or paramilitary (police) training
- ☐ Being isolated by where you live
- ☐ Isolation from others/centrality of you to their life (i.e., "can't live without you")
- ☐ Obsessiveness about you or family
- ☐ Possessiveness and control of you
- ☐ Extent and escalation of prior violence
- ☐ Threats of violence to you
- ☐ Previous police interventions
- ☐ Known violence with others
- ☐ Ignoring or violating court orders
- ☐ Pet violence and neglect
- ☐ Are there other things that make you feel you are in danger?

NOTES:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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IF YOU ARE *LIVING WITH YOUR ABUSER*

- ☐ Develop an emergency escape plan and review/revise it often
- ☐ Plan and rehearse the steps you will take if you have to leave quickly and learn them well
- ☐ Plan your emergency exits (How would you get out fast?)
 - Would you use a door or window?
 - Keep exits clear
- ☐ Tell someone you trust about your situation who might be around when you're at risk
 - Request that they call police if they hear or see suspicious noises or events
- ☐ Always keep your phone with you
 - Call 911
- ☐ Make a code word with someone you trust (Page 25)
 - So they know you're in danger and they need to call 911
- ☐ Create a "who you can trust list" (Page 25)
 - This can include phone numbers for local police stations, shelters, helplines, counsellor
- ☐ Try and identify patterns in your partner's use and level of force
 - So you can attempt to predict danger to you and others before it occurs
- ☐ Use your judgement and intuition
 - Try and de-escalate the situation, you may even agree with your partner or give them what they want until you are out of danger
- ☐ Determine which rooms in the home are the safest
 - Rooms that have an exit, lock on the door, phone to call for help
 - Has a solid wood or metal chair to wedge under the doorknob
 - A solid rubber doorstop can also be wedged under the door
- ☐ Avoid/get out of rooms that are the most dangerous
 - (For example, bathrooms, basements or rooms where there are weapons such as the kitchen)
- ☐ Keep weapons and weapon-like objects locked up and as inaccessible as possible
- ☐ Back your car into your driveway and make sure gas is always in it
- ☐ Leave your keys and purse in a place where you can get to them quickly
- ☐ Keep extra keys in a safe accessible place
- ☐ Think about a safe place to go if you must leave quickly
 - Family members, friends, neighbor, emergency shelter, police station, busy place where people always are (24-hour store)
 - Find out where all these places are and the quickest route to get to them if need be
- ☐ Keep a bag of clothes, emergency money, medications and other things you might need in an emergency at a trusted friend's or neighbor's home, or in some other safely accessible place
- ☐ If you're being attacked
 - Make yourself a small target
 - Curl up like a ball with your face protected and arms around each side of your head, fingers entwined.

PREPARING TO LEAVE AN ABUSIVE RELATIONSHIP

Remember that individuals are often most at risk for violence immediately before and immediately after they leave an abusive relationship. It is very important to plan for your safety if you are considering leaving an abusive relationship.

You do not have control over your partner's violence, but you can map out action steps to increase your safety and prepare in advance for the possibility of future violence/harassment.

Things you can do:

- ☐ You can contact one of the local shelters or their 24/7 crisis line
 - To talk in more detail about how you can leave safely, where you can go, and what other resources are available to you
- ☐ You cannot tell the abuser that you are thinking about or planning to leave
- ☐ Think about papers and things you will need
 - The detailed list is found on (Page 8)
 - If you can, slowly gather these items and hide them in a safe place
 - Another option may be to take a photocopy of the important documents and store them in a safe place away from the originals
- ☐ Create a list of personal items you would like to take
 - When/if you get a chance to come back to your home later
- ☐ Set up a bank account in your own name
 - Arrange that no bank correspondence or calls be made to you at home
- ☐ Set up a post office box
 - To get mail in any way related to your plans to leave
- ☐ Use a trusted friend or family member's address for your mail
- ☐ Try to save and set aside money for an emergency fund
- ☐ Hide extra
 - Clothing, house/office/and/or car keys, comfort toys, etc at the house of a trusted individual
- ☐ If you move things out of your home before you leave
 - Have stories to explain their absence to the individual if they notice such as ("it's getting repaired", "it's at the cleaner's", etc.)
- ☐ You may request police stand-by while you leave
- ☐ You can ask that friends or family come to your home when you leave
- ☐ You can leave when the abuser is going to be out of the home for the time it will take you to leave safely
- ☐ If you have to leave quickly
 - You can request that the police come to your home when you pick up your personal things



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- ☐ When making phone calls related to your plans to leave
 - Try and use a phone at your trusted friend/family members/neighbors/work/shelter etc.
- ☐ If you're making a call from home that you do not want the abuser to know about
 - Dial other numbers in after you are finished the call
 - This prevents the abuser from pressing redial to find out where you have called
- ☐ If you need to leave a return number
 - Use the number of a trusted friend, family member, shelter, or another safe number when you can pick up messages
- ☐ If you have pets
 - Plan ahead a safe place for them to stay if you cannot bring them with you to the shelter or where you are staying temporarily
- ☐ Have a SAFE place planned to go when you leave!



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ITEMS TO TAKE WHEN YOU LEAVE

Take a photocopy of these items/store them in a safe place away from the originals:

- ☐ Personal identification for all family members
 - (birth certificate, driver's license, health card, passport, immigration papers, etc.)
- ☐ School and vaccination records
- ☐ Medications, prescriptions & medical records for all family members
- ☐ Driver's license and registration
- ☐ Work permits
- ☐ Welfare identification
- ☐ Divorce papers, custody documentation, court orders, restraining order, marriage certificate, tax returns
- ☐ Lease/rental agreement, house deed, mortgage payment book
- ☐ Bank books/bank statements, credit cards, ATM cards and investment statements
- ☐ Insurance papers (life, home, car)
- ☐ Social insurance number
- ☐ Address/telephone book, any emergency numbers
- ☐ Picture of ex-partner/abuser & children

Try to keep your wallet and or bag/purse handy to have the following:

- ☐ Keys for your house, car, office, mailbox, garage, etc.
- ☐ Emergency cash
- ☐ Photographs of abuser
- ☐ Copies of court orders
- ☐ Driver's license, registration, insurance
- ☐ Address/telephone book, emergency numbers

Keep the following things set aside in an easily accessible place so that you can grab them quickly:

- ☐ Emergency suitcase with immediate needs
- ☐ Jewellery
- ☐ Children's favorite toys and blankets
- ☐ Items of special sentimental value

Other steps you can take:

- ☐ Open a bank account in your own name
 - It would be a good idea to start at a bank that is different from the one your abuser uses
 - Arrange that no bank statements or other communication is mailed, emailed or phoned to you
 - You can choose to arrange for mail to be sent to a trusted friend or family member



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IF YOU ARE NOT LIVING WITH YOUR ABUSER

In an emergency at home:

- ☐ Call 911 right away for help
- ☐ Get to a room with a door or window to escape
- ☐ Create a safe room in your home
 - While the safe room may not keep you completely safe, it will buy you time, while you make use of an alternative safe escape route or until assistance arrives
 - The safe room should have a secure lock, a phone, an exit and a chair to prop under the door handle. It could also have a rubber door stop to wedge under the door, an extra set of car keys, etc.
- ☐ Trim trees and bushes to allow a clear view from all windows
- ☐ Ensure that your street address is clearly visible and well-lit for emergency calls
- ☐ Inform landlord, superintendent and neighbors that the abuser no longer lives with you and request that they inform you and/or call the police if they see him/her near your home
- ☐ Ask friends and family to report to you any suspicious calls including hang ups, wrong numbers and others asking for information about you
- ☐ Tell Police if the abuser will not leave you alone
- ☐ Keep a log and document each time the abuser contacts you by phone, email, letters, sending you unwanted gifts, following you, showing up at work or school, etc.
- ☐ Have home and car keys ready for opening doors before arriving at the door
- ☐ Don't have identifying information on your message machine, such as your name or phone number
- ☐ If you live in an apartment building or some other place that lists tenants, consider not putting your name on the list
- ☐ If you live in an apartment building
 - Check the hallways and floor before getting off the elevator or stairs
 - Mirrors and be aware of doorways
 - Never leave your apartment unlocked even when traveling within the building
- ☐ If you come home and discover that something is out of the ordinary
 - Consider not entering the home but instead go to safe place and call police

Other things you can do:

- ☐ Always keep your doors/windows locked even when you are at home
- ☐ Be aware of all entrances and exits to your home and building
- ☐ Change your locks
 - House
 - Garage
 - Mailbox
- ☐ Install security features
 - Door/window bars
 - Window/door alarms
 - Peephole installed
 - Security camera
 - Outdoor motion sensitive lights
- ☐ Always check who is at the door before you open it
- ☐ Consider purchasing rope ladders to use for escape from second story windows
- ☐ Keep a phone near you as much as possible even when you are outside on the step or in the yard



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SAFETY IN THE COMMUNITY

Things you can do:

- ☐ Always keep someone informed about your destination/arrival
 - What time you will likely arrive by etc.
 - If your contact doesn't hear from you by a certain time they can take steps by calling 911
- ☐ Can stay on the phone with a trusted family member/friend when walking/driving
- ☐ Always be aware of landmarks and surroundings
 - Look for open stores or other places to go to in case of an emergency
 - Name of street, major intersections & landmarks
- ☐ If calling 911 from a cell phone
 - Always give your location immediately
 - In the event the call is lost, police will know where you are
- ☐ Carry your cell phone with you!
 - Keep it fully charged and on at all times
- ☐ Carry a personal safety alarm
 - To increase your feelings of safety and to be able to attract the attention of others
- ☐ Never walk with both earbuds in
 - Keep one ear bud out of your ear
 - Allows you to still maintain awareness of your surroundings
- ☐ If you think you're being followed
 - Go to the nearest safe place and call police
- ☐ Vary routines
 - Change up your daily routine
 - Shop at different stores/businesses
- ☐ Keep copies of court orders with you at all times

Walking

- ☐ Take a route that is populated and well lit
- ☐ Avoid secluded areas

Driving

- ☐ Carry your keys in your hand when walking to your car
- ☐ Have remote keyless entry system
 - Can unlock doors quickly
- ☐ Check your car and surrounding area
 - Example: For items left on your vehicle
- ☐ Items left on your vehicle
 - Document this evidence (Stalking Logbook Page 24)
- ☐ Keep doors locked at all times even when in a vehicle
- ☐ Take well-travelled and main routes
- ☐ Keep the vehicle well maintained
 - Always make sure there is sufficient gas
- ☐ Check rear view mirrors frequently
- ☐ Scan parking lots for signs of your abuser or unusual circumstances
- ☐ Whenever possible, back into a parking spot and park in a well-lit area close to the building or parking security
- ☐ If your abuser is following you
 - Go directly to a police station or public place
 - Do not exit the vehicle until you draw attention to yourself (i.e. use your horn, speak to someone, etc.).

Public Transit

- ☐ Sit up near the front



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SAFETY AT WORK

Things you can do:

- ☐ Consider telling key people at your work of your situation
 - Your employer, main receptionist, security supervisor, other friends
- ☐ Supply information about your abuser
 - Photo
 - Description of their vehicle
 - Their phone numbers
- ☐ Ask to have your calls screened at work and document harassing calls
- ☐ Receiving unwanted gifts
 - Inform the receptionist
- ☐ Let someone know your work schedule
 - What time do you arrive at work
 - Your break schedules
 - When you will be home
 - Your community
- ☐ Safety strategies for arriving/leaving work
 - Inquire about secure parking close to the building/well-lit area
 - Accompaniment to your car at night
- ☐ Changing
 - Your email addresses
 - Phone extension
 - Office location
 - Varying hours of work
 - Taking time off if necessary
 - Where you sit in the office
- ☐ Making sure your desk within the office is not located in area's that make you easily accessible

Example: Avoiding area's that are near windows that can be seen in from outside or from the front foyer of the office

TECHNOLOGY SAFETY PLANNING

Internet & Social Media

- ☐ Change your email address/password (include numbers, symbols, etc.)
- ☐ Don't give optional information
 - When creating a profile, you do not need to enter all of the information that is requested
- ☐ Consider removing yourself from social media altogether
- ☐ Make sure all social media accounts are using privacy settings, check often
- ☐ Be selective about whom you accept as friends
- ☐ Be mindful location-based services expose profile user's location and whereabouts
- ☐ Be careful about your friends posting you on their social media accounts
- ☐ If the abuser has access to your computer
 - Remember to clear your browsing history, emails etc,
 - It may be safer to use a computer outside your home
 - Work, friends, family members, or local library

Cell Phones

- ☐ Always remember non-activated cell phone can still call 911 in an emergency
 - Ensure the battery is always charged
- ☐ Keep a password on your device if the option is available
- ☐ Turning off your location
 - Go to Settings->Privacy->Turn off location
 - Your cell phone can be used as a tracking device if it has GPS
- ☐ Block the individual's cell phone number
 - If the individual continues to contact you, you can report it to police
- ☐ Calling with a blocked number
 - Go to Settings->Phone->Show my caller ID (Switch off)
- ☐ Change your phone number to eliminate unwanted contact
- ☐ Be careful about whom you distribute your new phone number to
- ☐ If the abuser has access to your phone
 - Remember to clear your browsing history, emails, call log, text messages etc.

Safety Tips App (Page 13)



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DOCUMENTING

Documenting is very important as it tells the story of the abuse endured and the escalation.

How should I document the abuse?

- ☐ Save any proof of any form of social media that is sent as this is EVIDENCE
- ☐ Take screenshots, recordings or photographs of the phone or computer screen
- ☐ Be sure to include as much information as possible
 - Full headers
 - Date, time they were received, contact information of sender
- ☐ Accurately record incidents of abuse as they occur
 - Logbook (Page 24)

Where to store the evidence safely?

- ☐ Protect your evidence by making multiple copies
- ☐ Saving them in secured digital locations organized by date and time
 - A secure app that is password protected
- ☐ Making a physical evidence binder organized similarly
- ☐ Make sure to print all pieces of evidence
- ☐ If you know or suspect that the perpetrator has the passwords to your accounts
 - Change all of your passwords immediately to a password that the perpetrator would not be able to guess
 - OR for your own safety, get a trusted family member/friend to store your evidence

ONLINE SUPPORTS

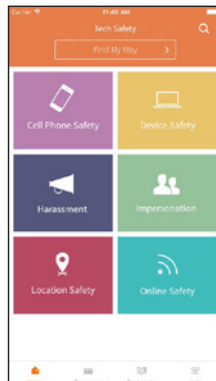
Tech Safety App

Description: This tech safety app offers resources for victims of technology-facilitated stalking or abuse and offers users **safety tips on how to increase their safety and privacy.** (iphone, ipad, ipod, Mac)



Explores six categories

1. Harassment
2. Impersonation
3. Cell phone safety
4. Device safety
5. Location safety
6. Online safety



DocuSAFE

Description: Documentation and Evidence Collection App is a free app that helps survivors **collect, store, and share evidence of abuse**, such as domestic violence, sexual assault, stalking, online harassment, and dating violence. (Mac, iphone, ipod, ipad)



SAFETY PLANNING WITH YOUR CHILDREN

Things you can tell them:

- ☐ Violence is never right, even when someone they love is being violent
- ☐ It is not their fault
 - Nothing they did or did not do has caused the violence to take place
- ☐ Their only job is to stay safe
 - Stress importance that it is not their job to protect you
 - They must always run to safety, even without you
 - It is the very best way they can help
- ☐ Teach them to leave the room or to not come in the room where danger is
- ☐ Help them identify a safe room in the house
 - Preferably where they can access a phone and lock the door
 - A ground floor room is best so they can leave through a window if it becomes necessary
- ☐ If you want them to leave the home during a violent incident
 - Plan with them where they will go and the safest way to get there
 - Plan what to do if the designated neighbor/friend is not home
- ☐ Have a code word with your children (Page 25)
 - So they know when it is not safe and they should go to a safe room or neighbor, and call 911
- ☐ Teach them to let you know if someone is at the door and not to open it themselves
 - If children are older, encourage them to check before opening the door
- ☐ Make sure the schools, daycare etc...
 - Have a copy of all court orders
 - A picture of the abuser
 - They know who can/cannot pick up your children
- ☐ Talk to them about safe people they can talk to
- ☐ Practice with them how to phone for help (911)
 - What they will say
 - Ensure they know their full name, phone number, address
 - Encourage them to stay on the line after they are done talking
- ☐ Teach them to use the phone out of sight from the abuser is possible
- ☐ Rehearse what they will say when they call for help

EXAMPLE WHEN A CHILD IS CALLING 911

An operator will answer “Police, Fire or Ambulance”, your child will say Police

My name is _____. I am _____ years old.

I need help. Send the police. Someone is hurting my mother/father _____

The address is _____. The phone number is _____



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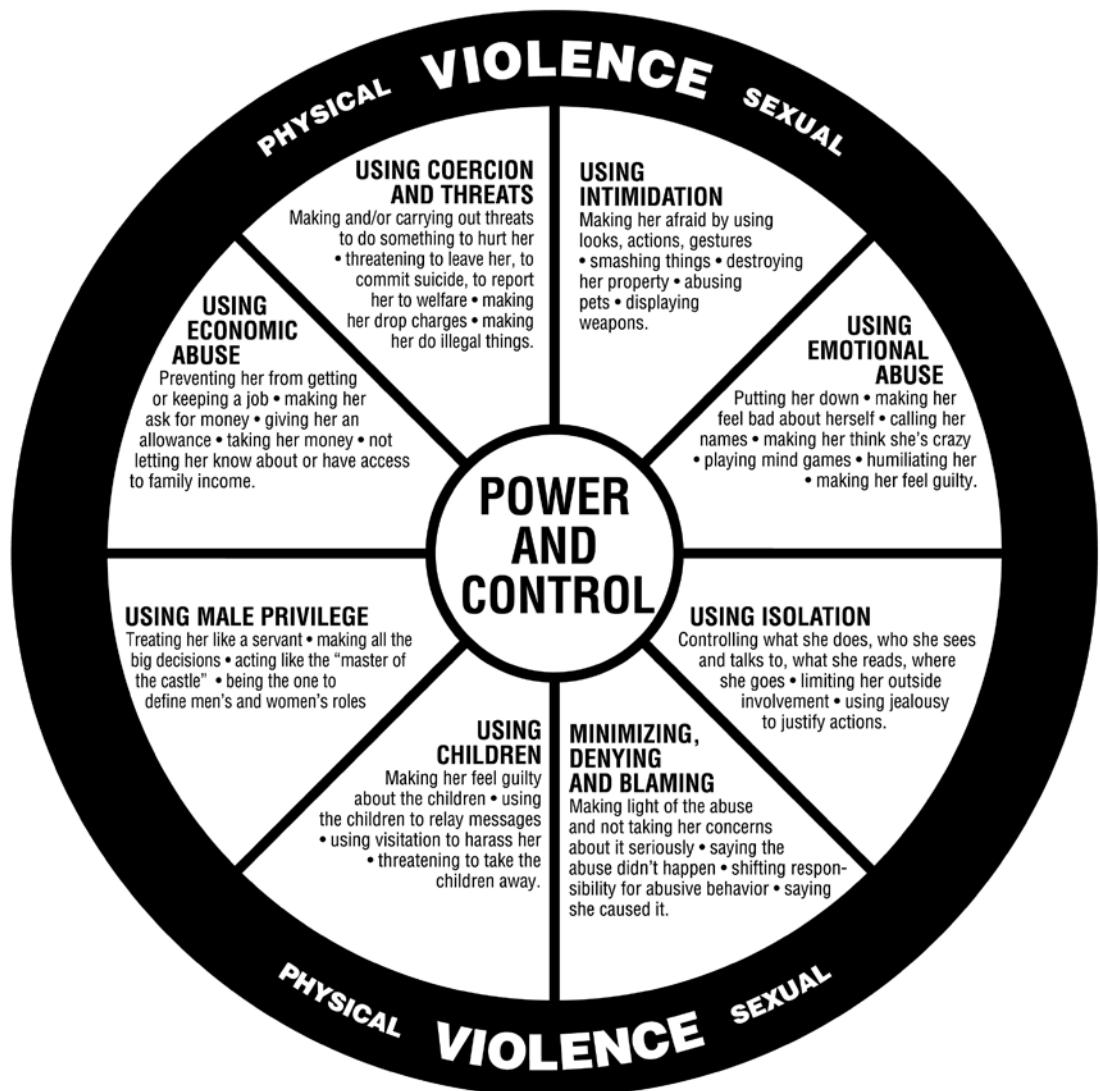
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POWER AND CONTROL WHEEL



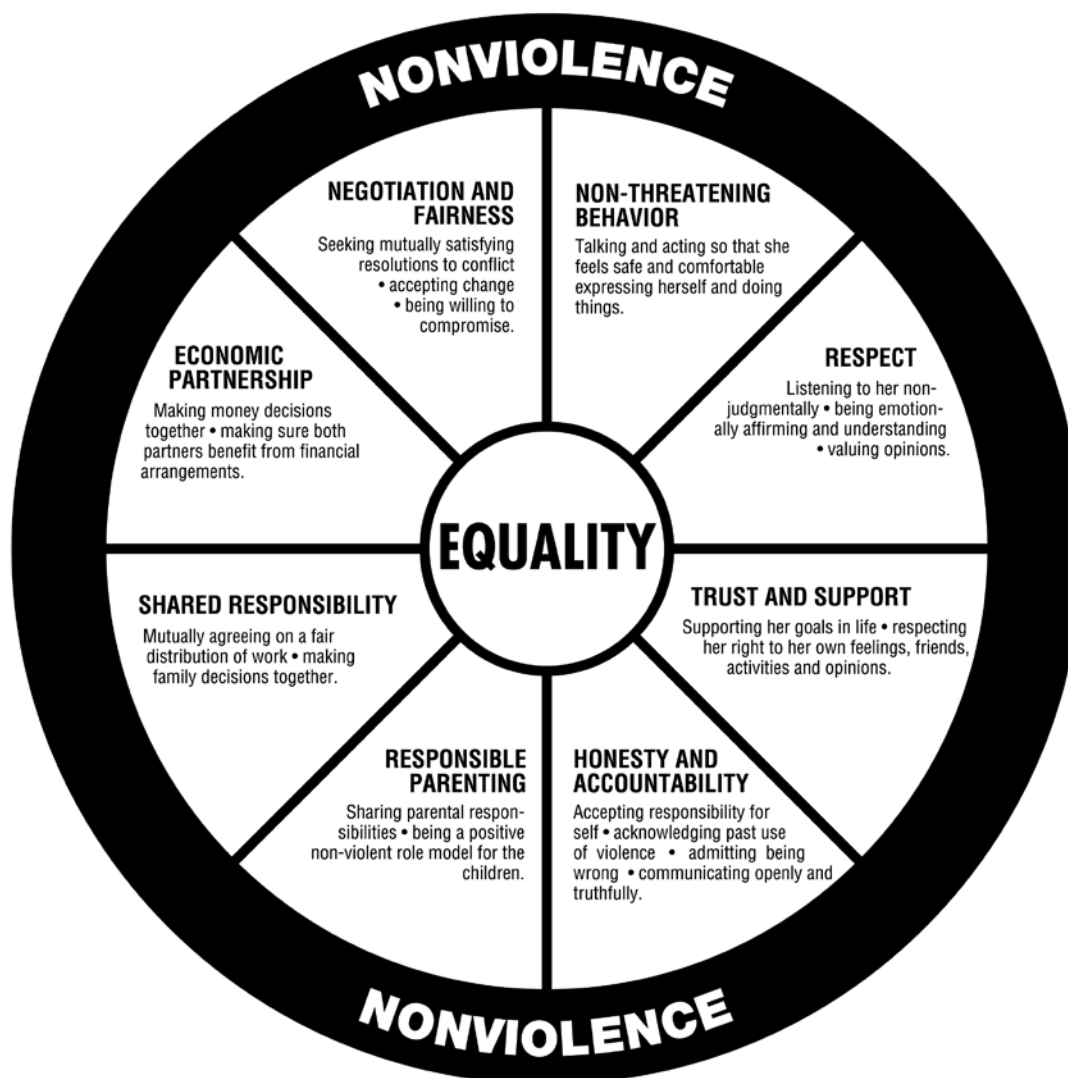
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EQUALITY WHEEL



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POWER AND CONTROL WHEEL ANIMAL ABUSE AND DOMESTIC VIOLENCE

There is a link between animal abuse and family and domestic violence.

Victims/Survivors

We are aware of the importance an animal can possess within our lives, as family members and cherished companions.

This Power and Control wheel shows some of the actions that perpetrators of violence may use to deliberately exploit the bond between family members and their pets. This is achieved by controlling or intimidating family members through the use of their companion animals.

Companion animals may be a crucial source of support and comfort for family members. Perpetrators of family violence may threaten to harm, injure or even kill a companion animal.

This may result in family members postponing the decision in leaving an unsafe relationship, as they fear for the safety of their pet's and may not be able to find a safe place for them to reside.

The Power and Control Wheel of animal abuse and domestic violence



When a child has been abused contact:
Oranga Tamariki, the Ministry for Children (0508 FAMILY)

If an animal has been harmed contact the SPCA:
SPCA New Zealand Targeted Intervention Manager 027 700 3495



EMOTIONAL SAFETY PLANNING

Things you can do:

- ☐ Decide whom you can talk to freely and openly to give you the support you need
- ☐ Read articles, books and poetry to help you feel stronger
- ☐ Take time for yourself, meditate, play music, etc.
- ☐ Become involved in community activities to avoid feeling isolated
- ☐ Spend time with people who make you feel good and help rejuvenate your energy
- ☐ If you are thinking of returning to an abusive relationship discuss your plan with someone you trust
- ☐ Plan to attend a support group to gain support from others and learn more about yourself and your relationships
- ☐ Enroll in a course or take a part-time job to reduce your isolation and increase your skills
- ☐ Remember to eat nutritional food and to sleep regularly
- ☐ Avoid excessive alcohol in an attempt to self-soothe
- ☐ Try to take time for some sort of regular exercise or activity
- ☐ Keep a personal journal
 - Record your thoughts, feelings and your hopes
 - Write down personal affirmations
- ☐ Take time to prepare emotionally for stressful situations or meetings
- ☐ All emotions have a place and a time
 - It is important to find positive and constructive ways to express your feelings
 - Remember that you are important and that you need to take care of yourself in order to be able to care for others



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SELF-CARE APPS

Daybook - *"Best Free Journal App" (iOS, Android, Alexa, Google Assistant, Bixby)*

Description: You can secure your thoughts, emotions, events with this 3 in 1 app which is a journal, a diary, and a note-taking tool.

Daybook gives you a password-protected account and has an easy audio recording feature where you can create speech to text entries



Smiling Mind *(iphone, ipod, ipad)*

Description: Leading meditation & positive affirmation app for different age groups, including children.



Mindshift - *(ios, Android)*

Description: It employs scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety.



MY PERSONAL SELF-CARE PLAN

Three things I want to tell myself when I am feeling overwhelmed:

(e.g., “I am strong,” “I can handle this,” “I am safe,” “I am making a better life for myself/ and or my kids.”)

1. _____
2. _____
3. _____

These are the friends, family members and professionals I can talk to who help me feel better:

These are the people I will avoid or limit my contact with:

These are the things that make me happy and healthy:

(e.g., uplifting music, a favorite comedy, a favorite place to go, getting organized, etc.).



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FLASHBACK HALTING PROTOCOL

What is a flashback?

A flashback is when memories of a past trauma feel as if they are taking place in the current moment. That means it's possible to feel like the experience is happening all over again. During a flashback, it can be difficult to connect with reality. It may even feel like the perpetrator is physically present.

Flashbacks may seem random at first. They can be triggered by ordinary experiences connected with the senses. It's a normal response to this kind of trauma, and there are steps you can take to help manage the stress of a flashback.

This flashback halting protocol helps you think and feel integrated. It reconciles what you are experiencing and what you are observing. This usually halts traumatic flashbacks.

It is useful to be aware that you are practicing both body and awareness and separating your past and your present.

What helps during a flashback?

- ☐ Tell yourself that you are having a flashback
 - Remind yourself that the actual event is over
- ☐ Breathe
 - Take slow, deep breaths by placing your hand on your stomach and taking deep breaths. You should see your hand move out with the inhalations, and watch it fall in with the exhalations
 - When we panic, our body begins to take short, shallow breaths, and the decrease in oxygen can make you feel more panicked
 - Deep breathing is important because it increases the oxygen in your system and helps you move out of the anxious state faster
- ☐ Return to the present by using the five senses
 - What do you see?
 - Look around you, make a list of the items in the room
 - What do you smell?
 - Breathe in a comforting scent, or focus on the smells around you
 - What do you hear?
 - Listen to the noises around you, or turn on music
 - What do you taste?
 - Eat or drink something you enjoy
 - Focus on the flavor
 - What does it feel like?
 - Hold something cold, like a piece of ice, or hot, like a mug of tea
- ☐ Recognize what would make you feel safer
 - Do whatever it takes for you to feel secure
 - Wrap yourself in a blanket
 - Go into a room by yourself and close the door



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How do I prevent flashbacks?

- ☐ Be aware of the warning signs and triggers

These signs could include:

- Change in mood
- Feeling pressure in your chest
- Suddenly sweating

Identify what experiences trigger your flashbacks

- ☐ Decide on how to avoid these triggers or how to cope if you encounter the trigger

- By a sensory feeling
- Emotional memory
- A reminder of the event
- An unrelated stressful experience

Say the following 7 sentences filling in the blanks:

Right now I am feeling (name the emotion, very often fear): _____

And I am sensing in my body (describe your current body sensation in detail): _____

Because I am remembering (name the trauma by title only, no details): _____

And, at the same time I am looking around where I am now in _____
(say the date and year)

Here (name the place where you are) _____

And I can see (describe some of the things that you see right now, in this place)

And so I know (name the title of the trauma again): _____

Is not happening now/not happening anymore!



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NIGHTMARE HALTING PROTOCOL

The nightmare halting protocol can be used as a ritual before sleep. It will help prevent nightmares and help you reorient yourself when nightmares do occur.

Practice the 6 steps more often when you experience distress related to the trauma during the day.

Say the following sentences filling in the blanks:

Today I have been scared of (name it only, no details): _____

So I might have a nightmare and wake up feeling (name the emotion- often fear)

And my heart might beat fast, and I might be shaking or crying.

If that happens, I will tell myself it is because I am remembering (name it again, no details):

Then I will turn on the light and look around my room.

And I will name the things I see. _____






And I will tell myself that I just had a nightmare, that _____
is not happening now!

STALKING LOGBOOK



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Date	Time	What happened	Where did it happen	Who was there when it happened
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/Phone call <input type="checkbox"/> Other	
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/Phone call <input type="checkbox"/> Other	
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/Phone call <input type="checkbox"/> Other	
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/Phone call <input type="checkbox"/> Other	
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/Phone call <input type="checkbox"/> Other	



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CODE WORD

Code Word	Trusted Family Member/Friend

IMPORTANT PHONE NUMBERS

Name	Number

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving a small margin at the top. There is no handwriting or other markings on the page.



DETAILED SAFETY PLAN



TM/MD

Victim Services of Nipissing District
135 Princess St. West, PO Box 1532
North Bay, ON P1B 8K6

Phone: 705-472-2649 • VSND.ca