Safety
Planning

Safety Tips

You must think about your safety. In this booklet are some tips to help keep you safe.

If you are in danger and need immediate help, call 911.

If you are in crisis and **need to talk to someone**, call Crisis Intervention 24/7 at **1-800-352-1141**.

Support Agencies:

Safety at Home

Talk to others about your safety.

If things do not feel right, be extra careful.

Do what you feel will keep you and your children safe.

Keep a phone and important numbers nearby.

Police: _____

Shelter: _____

Friends:

_____ _____

_____ _____

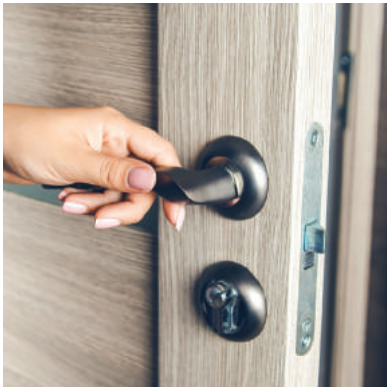
_____ _____

_____ _____

_____ _____

_____ _____

You can set up a safe room in your home. It should have an exit, a phone and a lock on the door.



Think of safe ways to get out of your home.

Plan a safe place to go if you need to leave your home.

Getting ready to leave

Think about papers, electronics and things you will need. (example: phone, computer)

Hide them in a safe place.

Do not tell the person who hurts you that you are leaving.

Talk to someone you trust about your plan.

Open your own bank account.

Try to keep some money in a safe place.

Ask police to be there when you leave.

Have a safe place to stay, like a shelter.

Items to take with you

- [ ] Personal identification - for you and any children with you (birth certificate, driver's license, health card, passport, social insurance card)
- [ ] Custody orders for children
- [ ] Address book
- [ ] Keys (house, car, office, mailbox, garage)
- [ ] Money (cheque book, debit card, credit card, bank book)
- [ ] Medicine
- [ ] Phone & phone charger
- [ ] Things that mean a lot to you (pictures, jewelery)
- [ ] Children's diapers, toys and blankets
- [ ] Status Card (Indigenous)
- [ ] Immigration papers
- [ ] Bank papers (mortgage, loans or line of credit)
- [ ] Insurance papers (life, home, auto)
- [ ] Car ownership papers
- [ ] Lease/rental agreements, property deeds
- [ ] Job/pension papers
- [ ] Income tax papers

Small items that won't be immediately missed could be taken to trusted family, friends, or neighbours.

In your home

Change the house and garage door locks.

Lock your windows.

Lock your doors even when you are at home.

Check who is at your door before you open it.

Put in a peep hole.

Keep a phone charged and near you.

Make sure you can see out all windows.

Leave a light on.

Have good outside lights.

Make sure your house number is easy to see.

Tell neighbours what is going on.

Have them call police if they see the person near your home.

Stalking Incident Log

Date	Time	What happened

	Where did it happen	Who was there when it happened
	☐ Home ☐ Work ☐ School ☐ Online/Social Media ☐ Texts/phone call ☐ Other:	
	☐ Home ☐ Work ☐ School ☐ Online/Social Media ☐ Texts/phone call ☐ Other:	
	☐ Home ☐ Work ☐ School ☐ Online/Social Media ☐ Texts/phone call ☐ Other:	
	☐ Home ☐ Work ☐ School ☐ Online/Social Media ☐ Texts/phone call ☐ Other:	
	☐ Home ☐ Work ☐ School ☐ Online/Social Media ☐ Texts/phone call ☐ Other:	
	☐ Home ☐ Work ☐ School ☐ Online/Social Media ☐ Texts/phone call ☐ Other:	
	☐ Home ☐ Work ☐ School ☐ Online/Social Media ☐ Texts/phone call ☐ Other:	

Tell police if the person will not leave you alone.

Write down <u>each time</u> the person bothers you. (Use the *Stalking Incident Log* on the previous pages)

If you are not at home

Try to stay where there are people around you.

Go out with friends.

Use the buddy system.

Keep court papers with you.

If you are in danger, find people or busy places - go to a nearby place and ask for help.

Tell people you trust what is going on.

Let someone know where you are going and when you will come back.

Use the buddy system.

Safety plan with your children

Teach your children to keep away from where the danger is.

Teach them safe places inside and outside the house.

Teach them to tell you if someone is at the door and not to open it themselves.

Teach them how and when to call 911.

Make sure they know your address.

Let the school or daycare know who can pick up your children.

Talk to your children about safe people they can talk to (teachers, social workers, etc.)

Internet safety

- Have a strong password
- Change passwords often
- Check privacy settings
- Block your abuser – his friends and family too
- Be careful who you accept as friends
- Tell friends and family not to post things about you or your children
- Don’t share your location on social media
- Trust your instincts – if you think your abuser knows too much, it may be that your phone, computer or email are being watched

Always keep your cell phone charged and with you.

If you call 911 from your cell phone, tell police where you are.

Look after yourself

Keep a journal. Write one good thing about yourself everyday.

Take time for you.

Go for a walk with a friend.

Be with people who make you feel good.

Find a support group.

Talk to a counsellor.

Eat well and get your rest.

Things to do

Notes

Nipissing

Violence Against Women
Coordinating Committee (VAWCC)

Les comités de coordination des services
communautaires d'aide aux femmes
victimes de violence (COFVV)

Ontario

For more information visit **endthecycleofabuse.com**