



Important Telephone Numbers

Assaulted Women's Helpline.....	1-866-863-0511
Children's Community Network	566-3416
Domestic Violence Court	564-7986
Genevra House	674-2210 or 1-800-461-0133
Provincial Police	564-6900
Regional Police	675-9171 or 911
Sudbury Counselling Centre.....	1-800-833-022 or 524-9629
Victim/Witness Assistance Program.....	564-7694

SAFETY PLANNING

For You and Your Children



Centre de counselling de **SUDBURY**
SUDBURY Counselling Centre

Items To Take When You Leave

Try to make copies of documents in case you have to leave.

- _____ Driver's license, ownership and registration
- _____ Children's birth certificates
- _____ Birth and marriage certificates
- _____ Money and credit cards
- _____ Restraining and Court Orders
- _____ Lease, rental agreement, house deed
- _____ Mortgage payments documents
- _____ Bank books, checkbooks and Interact card
- _____ Insurance policies
- _____ Address books and pictures (including pictures of him)
- _____ Medical records for all family members
- _____ Social Insurance card
- _____ Ontario Works identification
- _____ School records
- _____ Work permit and citizenship card
- _____ Immigration papers, passport
- _____ Divorce papers and custody documentation
- _____ Jewelry, children's toys and blankets
- _____ Items of sentimental value
- _____ Pets, if you can
- _____ Medications and prescriptions
- _____ Health and Benefits cards
- _____ Vaccination records
- _____ Car, house, office keys
- _____ Government of Ontario Senior's card
- _____ Aboriginal Status card
- _____ Employment or pension documentation

Friends and/or relatives where I can stay or that I can call

1. _____

2. _____

3. _____

Parts of this pamphlet were adapted from the following resources:

- www.shelternet.ca
- *Safety Planning In Situations Of Woman Abuse* by the Metro Woman Abuse Council
- *Creating A Safety Plan* by The Peel Committee Against Woman Abuse
- *Developing A Safety Plan* by Dallis Neiman
- *Domestic Violence Personal Safety Plan* by the Greater Sudbury Regional Police Service



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www.counsellingccs.com



This program is funded by the Ontario Ministry of Community and Social Services and is offered at no cost to our clients.

Why Do You Need a Safety Plan?

- To increase your ability to protect yourself and your children.
- To help you assess the degree of your danger / risk.
- To help you be more aware of the presence and extent of abuse or the risk of abuse.
- To help you regain a sense of control over your life.
- To become more aware of the resources available to you.

Safety During an Explosive Incident

- If an argument seems unavoidable, try to have it in a room or area that has access to an exit; avoid the bathroom, kitchen or anywhere near weapons.
- Practice how to get out of your home safely; identify which doors, windows, elevator or stairs would be safe and easily accessible.
- Have a packed bag ready; keep it in a secret but accessible place in order to leave quickly.
- Choose a neighbor you can tell about the abuse and ask that they call the police if they hear a disturbance coming from your home.
- Make up a code word to use with your children, family, friends and neighbors when you need the police.
- Decide and plan for where you will go if you have to leave home, even if you don't think you will need to.
- If the situation is very dangerous, use your own instinct and judgment to keep yourself safe; call the police as soon as it is safe to do so. You can obtain a restraining order.

Safety When Preparing to Leave

- Identify who would let you stay with them or lend you some money.
- Always take your children with you or make arrangements to leave them with someone else; if you try to get them later, the police cannot help you remove them from their other parent's care unless you have a valid court order.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust.
- Open a savings account in your own name to establish or increase your independence; think of other ways in which you can increase your independence.
- Keep Geneva House's number close at hand and keep change and/or a calling card with you at all times.
- Review your safety plan with a friend or a counselor in order to plan the safest way to leave your partner.



Safety in Your Home

- Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see your partner near your home.
- Call the police if there are weapons in your home and they make you feel unsafe.
- Rehearse a safety plan with your children for when you are not with them.
- Inform your children's school or day care about who has permission to pick up your children and give them a copy of your restraining order.
- Change/add locks on your doors and windows as soon as possible; add a peephole and increase outdoor lighting if possible.
- Change your telephone number and make sure it is unlisted or block your number when calling out (*67); do not give it to anyone you don't trust. Get call display.

Safety With a Restraining Order

- Keep your restraining order with you at all times; leave extra copies at work, with a friend, in your car, etc.
- Call the police if your partner breaches a court order.
- Think of alternative ways to keep safe if the police do not respond right away.
- Inform family, friends and neighbors that you have a restraining order in effect.
- Try to avoid places in the community that your partner may frequent.

Your Safety and Emotional Health

- Be aware of your body signs / gut feelings and respect them.
- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- If you have to communicate with your partner, determine the safest way to do so like in a public place.
- If you have children, arrange for supervised access if your partner has visitation rights.
- Have positive thoughts about yourself and be assertive with others about your needs; read books, articles and poetry to help you feel stronger.
- Consider attending a support group to gain support from others.
- Learn about the law and your rights.
- Learn about abuse and the resources available to you and your children.
- Decide whom you can call freely and openly to give you the support you need.

Safety on the Job and in Public

- Decide who at work you should inform of your situation; this should include office or building security (**provide a picture of your partner if possible**).
- Arrange to have someone screen your telephone calls if possible.
- Identify a safety plan for when you leave work; have someone escort you to your car or bus; use a variety of routes to go home if possible. Think about what you would do if something happened while going home. Carry your keys in your hands.

Internet and Email Safety

- If possible, use a computer at a library, a school or an internet café or the home of a trusted friend.
- Clear the cache and history files so that your computer doesn't keep a list of the sites you have visited.
- Delete sensitive emails that you send and receive. After you have deleted a message, go to the Deleted Mail folder in Outlook, highlight the message and delete it again.
- Choose a password that you will be able to remember but that will be hard for someone else to guess; do not write down your password.
- Don't share sensitive and confidential information through Instant Messengers, since IM could be intercepted and read.

You have the right to be respected!