

IMPORTANT PHONE NUMBERS

911 Police, Fire, Ambulance

Friends:

Relative:

Other:

SAFETY IN THE COMMUNITY

Decide who at work you will inform of your situation. This should include security; provide a picture of your abuser 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, bus or train. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.

IF YOU ARE A TEEN IN A VIOLENT DATING RELATIONSHIP

If things in your relationship don't feel right to you, talk about it with someone you trust.

Decide which friend, teacher or relative, you can go to in an emergency.

Contact the police to learn how to obtain a restraining order and make a safety plan.

CHECKLIST: WHAT TO TAKE WITH YOU WHEN YOU LEAVE

- Identification.
- Driver's Licence, car title and registration.
- Children's birth certificates.
- Money.
- Restraining order.
- Lease, rental agreement, house deed.
- Bank statements/check books.
- Insurance papers.
- House and car keys.
- Medications.
- Address books, pictures.
- Medical records for all family members.
- Social Insurance (SIN) Card.
- Welfare (OW) identification.
- School records.
- Work permits.
- Immigration papers, passport.
- Divorce papers.
- Jewelry, children's small toys.
- Pets (if you can).



Safety Planning

You should never feel afraid in your relationship.

We can help you with safety planning and support.

You are not alone.

24 Hour Crisis Line

613-966-3074

1-800-267-0533

Centre Hastings

613-473-1976

www.threeoaks.ca

SAFETY PLANNING FOR WOMEN IN ABUSIVE RELATIONSHIPS

SAFETY DURING AN EXPLOSIVE INCIDENT

If an argument seems unavoidable, try to have it in an 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 location in order to leave quickly.

Identify a neighbor you can tell about the violence 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 will let you stay with them or lend you some money.

Always try to take your children with you or make arrangements to leave them with someone safe.

Leave money, an extra set of keys, copies of documents and extra clothes with someone you trust.

Open a bank account in your own name to establish or increase your independence. Think of other ways in which you can increase your independence.

Keep the shelter numbers close at hand and keep your cell phone with you at all times.

Review your safety plan with a friend or counsellor in order to plan the safest way to leave your abuser.

SAFETY IN YOUR HOME

Inform neighbours and/or landlord that your partner no longer lives with you and that they should call the police if they see your abuser near your home.

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. (Give them a copy of your restraining order.)

Change/add locks to 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. Don't give it to anyone you don't trust.

ALWAYS
REMEMBER:
THE MOST
DANGEROUS
TIME IS WHEN
YOU LEAVE.

YOUR SAFETY AND EMOTIONAL HEALTH

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.

Have positive thoughts about yourself and be assertive with others about your needs.

Attend a support group to gain support from others and learn about the law and your rights.

Decide who you can call freely and openly to give you the support you need.

Read books, articles and poetry to help you feel stronger.

Collect resources and pamphlets concerning violence against women.