

## Safety Planning

A safety plan is a list of actions that you can take to help secure your safety.

- 1. Identify your partner's use and level of violence.** Understand their cycle of violence and within their cycle, times that are higher risk for you and your children. For example, does your partner get paid on Friday's, then purchase alcohol and perpetrate violence over the weekend while under the influence? Identify all these factors so that you can assess the risk of danger to you and your children before it occurs.
- 2. Identify rooms in the house with locks on doors that cannot be picked.** If an argument occurs, try to casually move towards an exit or to a lockable room. Avoid rooms such as kitchens and bathrooms that contain sharp objects or weapons, in order to reduce the risk of harm.
- 3. When in danger, call 000.** Keep in mind where the nearest public phone is.
- 4. Inform others and make a plan with them.** Inform trusted friends and neighbours of your situation and develop a plan with them.
- 5. Make weapons inaccessible.** Keep weapons or items that have been used as weapons locked away and as inaccessible as possible.
- 6. Always prepare the car to leave.** Make a habit of backing the car into the driveway and keeping it fuelled and any car seats installed so that if you have to flee the home, you can do so easily.
- 7. Write a checklist for an escape bag.** Write a checklist and keep it some place safe with the essential items you can pack quickly if you have to flee the home. You can use the



[Escape Bag Checklist from 1800 RESPECT](#) if you like. Your checklist should include clothing, money, keys, important documents, a phone and charger, ID, Medicare and Concession cards, prescriptions, medications.

8. **Keep mobile devices charged and secured.** Ensure mobile devices/tablets are charged and secured with a passcode. Limit apps access to your device's location, contacts, and other information.

## If You Have Children

9. **Practice with your children how to leave the house safely.**

10. **Teach your children how to call 000 safely.**

11. **Instruct your children never to intervene when DV is occurring.**

12. **Tell your kids to go to a specific room when DV is occurring.**

Instruct your children to go to one of the lockable rooms with no sharp objects or weapons.

13. **Plan for what you will do if your children tell your partner your plan** or if your partner finds out about it.

14. **Monitor your children's use of technology to ensure your family's location/safety is not compromised.**