



# SAFETY PLANNING



It is important to safety plan so that you have a strategy on how you may respond in certain situations. It is also essential that you consider what steps you may take in an emergency.



## Actions to consider when you are in an abusive relationship:



### Internet Safety

- Remember to delete your browser history
- If you need to quickly leave a browser, most domestic violence support services have a quick exit button on their website



### Emergency Bag

- Put money, passports, birth certificates, legal documents, spare keys and clothes in an emergency bag just in case. Keep this bag somewhere safe at a friend's or family members house



### Create an Escape Plan

- Be prepared to leave in an emergency
- Plan where to go and use an alternate route
- Know where your nearest phone is and keep it accessible at all times



### Phone Safety

- Delete your phone log after speaking to any support agency
- Store numbers in your phone as contacts which would not raise suspicion



### Family and Friends

- Keep family, friends and neighbours up to date about your situation and ask them to call the police in an emergency
- Use code words and keep this word the same for everyone



### Emergency Calls

- Where appropriate, teach your children to call 999 for help in a time of emergency
- \*Always call 999 in an emergency\***

## Actions to consider when you are preparing to leave an abusive relationship:



### When to leave

- When you decide to leave, choose a time when the perpetrator is not around
- Avoid any actions which will alert the perpetrator and raise suspicion



### Your Rights

- You may want to speak to a solicitor or support services before leaving so that you are informed of your rights



### Be Prepared

- Rehearse your plan to leave and use different routes when you do leave
- Avoid rooms which are high-risk (e.g. rooms with sharp items and no easy exit route)



### Children

- Take your children with you as it can be hard to get them back once you have left
- Keep schools, after school clubs and nurseries informed so they know who should be picking the child up



### What to Take

- You should take everything with you, clothes, money, toys, documents relating to the abuse, passports, birth certificates and medication as you may not be able to return once you have left



### Safe Place

- Prepare a safe place to go when you have left, preferably somewhere where the perpetrator is not aware of the address
- Some support services have access to emergency accommodation such as refuges

## Actions to consider when you are living away from the abuser:



### Electoral Register

- Victims of domestic abuse are now able to join the electoral register anonymously. This means that victims of domestic abuse can vote without risking their safety



### Routine

- Consider changing your routine and use different routes
- Look at rearranging any pre-booked appointments
- Avoid any shops and places you used to go



### Safety at home

- Talk about safety with your children and tell them not to disclose your address and location
- Consider completing child exchange at a safe, neutral place



### Civil Orders

- You can consider looking into civil orders such as non-molestation orders, prohibited steps order and occupation order



### Staying at Home

- If you are staying at home and the perpetrator has moved out then consider changing the locks and adding extra security to your property



### Telephone Safety

- Consider blocking the perpetrators contact number
- Turn off your location settings
- Use 141 when making any calls to make your number withheld



REMEMBER TO ALWAYS CALL 999 IN AN EMERGENCY

\*This infographic does not cover every aspect of safety planning. Further safety steps may need to be taken depending on your situation\*