



## INFORMATION / FACT SHEET

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### DOMESTIC VIOLENCE SAFETY RESOURCE

Everyone has the right to feel safe and live in an environment free from violence.

As a way of achieving this, we have a number of suggestions to prepare yourself for a time when you, or others in your care, are in danger or at risk of danger.

#### GENERAL SAFETY STRATEGIES

- Plan an escape route
- Have a bag packed with important documents (see page 3), money, spare set of keys, clothes, personal items. Alternatively you could leave a bag with a trusted friend or family member.
- Devise a code with the neighbours so they know to call police (i.e. switch lights on and off, pull blinds up and down, code words).
- Devise a code word with other members of the family living in the house so they know to leave or to seek help.
- Plan where you will go when you leave the house.
- Consider installing an alarm system so you can push the emergency button if able.
- Consider opening a separate savings account in your name, to increase your independence and so you will have access to money when you leave.
- Know the Domestic Violence hotline number and other emergency numbers.
- Keep spare change or a prepaid call card for telephone calls should you not have access to a mobile. You may also choose not to use the mobile if your ex/partner will have access to the telephone bills.
- Review your safety plan frequently and practice with children in your care when appropriate.

- Keep any evidence of physical abuse such as photographic pictures. Keep a diary of violent incidents including dates, times and what occurred.
- If injured, seek medical assistance and ensure the Doctor documents your visit.
- Have the police emergency number listed in your mobile phone, possibly under a 'code name', so that it is the first number on your contact list or in your speed dial numbers.

#### SAFETY DURING VIOLENCE

*(in accordance with the measures suggested above)*

- Go to an area that has a clear and unobstructed exit.
- Avoid going to an area that has knives, weapons or hard surfaces (like a bathroom).
- Stay in a room with a phone. Ensure your mobile has plenty of charge at all times.
- Call police immediately, if able, or when you are next able to make that call.

#### SAFETY AT HOME

*(when the perpetrator does not live with you)*

- Change the locks on all doors.
- Consider installing additional security on windows and doors.
- Install a sensor light or additional lighting for outside areas.
- Change phone numbers or invest in an answering machine to screen calls.

- Talk to the neighbours and notify them that your ex/partner is not to approach the property or the family. They are to contact police if this occurs.
- Call police if you see your ex/partner approaching.
- Get a dog as they act as great security alarms.
- Advise the schools, day-care centres, etc that your ex/partner is not allowed to contact the children.

### **WORKPLACE & PUBLIC SAFETY**

- Tell your boss, security and any other relevant person about your situation
- Explore the possibility of having your phone calls screened
- Vary the routes taken to and from work. (i.e. get off a bus stop earlier or later and walk to destination)
- Devise a plan should a problem arise whilst commuting to and from work. (i.e.: go straight to the police, safe house, etc)
- Vary the places you visit: shop at different supermarkets or go to different social places to meet friends and family, and vary the times you would normally go
- Use a different bank and bank at different hours then when you did previously with your ex/partner

### **SAFETY PLANNING WITH CHILDREN**

- Teach children how to help. Encourage them NOT to get involved in the violence between you and your ex/partner.
- Teach the children to go to the identified safe area if arguments occur.
- Plan a code word to signal to your children when they should leave the house and seek help.
- Practice how to be safe with the children.
- Tell children that violence is never right even when it is someone they love that is being violent.
- Always tell your children that neither you nor they are at fault or the cause of the violence.

### **IMPORTANT DOCUMENTS TO KEEP WITH YOU**

- Marriage and Driver's licenses.
- Birth Certificates - yours and family's.
- Check books, credit cards, ATM cards, mortgage payment book, car title.
- Social Security card, work permit, passport, visa's, etc.
- Divorce, custody papers and restraining orders.
- Insurance papers and medical records.
- Lease, rental agreement and/or house deed.
- School and health records.
- Medications, glasses, hearing aids, etc needed by you or your family.
- Address book, pictures, toys.
- Benefit cards.
- Obtain a reference from landlords for future housing applications.
- Alternatively you could copy these documents and items and leave with a trusted person.

## IMPORTANT CONTACT NUMBERS

<b>POLICE EMERGENCY</b> <i>(for immediate attention)</i>	<b>000</b> <b>112 (mobile)</b>
<b>POLICE ASSISTANCE</b>	<b>131 444</b>
<b>DOMESTIC VIOLENCE CRISIS SERVICE</b>	<b>1300 782 200</b>
<b>DOMESTIC VIOLENCE HELP LINE</b> (free call)	<b>1800 800 098</b>
<b>1800 RESPECT</b> <i>National Sexual Assault, Family &amp; Domestic Violence Counselling Support</i>	<b>0800 695 463</b>
<b>VIOLENCE AGAINST WOMEN. AUSTRALIA SAYS 'NO'</b> <b>NATIONAL HELPLINE</b>	<b>1800 200 526</b>
<b>CRISIS CARE UNIT</b> <i>(After Hours service)</i>	<b>131 611</b>
<b>EMERGENCY ACCOMODATION SERVICE</b> <i>(Mon - Fri 9am - 5pm)</i>	<b>1800 003 308</b>
<b>CENTRAL VIOLENCE INTERVENTION PROGRAM</b> <i>(Counselling, support and accommodation to Women and Children)</i>	<b>(08) 8100 8155</b>
<b>NORTHERN DOMESTIC VIOLENCE SERVICE</b> <i>(Counselling, support and accommodation to Women and Children)</i>	<b>(08) 8255 3622</b>
<b>SOUTHERN DOMESTIC VIOLENCE SERVICE</b> <i>(Counselling, support and accommodation to Women and Children)</i>	<b>(08) 8382 0066</b>
<b>KID'S HELP LINE</b>	<b>1800 551 800</b>
<b>PARENT HELP LINE</b>	<b>1300 364 100</b>
<b>WOMEN'S LEGAL SERVICE SA</b>	<b>(08) 8221 5553</b> <b>1800 670 864</b>
<b>WOMEN'S INFORMATION SERVICE</b> <b>FREE LEGAL LINK-UP</b>	<b>(08) 8303 0590</b> <b>1800 188 158</b>
<b>FAMILY COURT OF AUSTRALIA</b>	<b>1300 352 000</b>
<b>RELATIONSHIPS AUSTRALIA</b>	<b>8223 4566</b>
<b>UNITING CARE WESLEY</b> <i>(support services, counselling/groups)</i>	<b>(08) 8202 5111</b>
<b>MIGRANT WOMEN'S SUPPORT SERVICE</b>	<b>(08) 8346 9417</b>
<b>DOMESTIC VIOLENCE &amp; ABORIGINAL FAMILY VIOLENCE</b> <b>GATEWAY SERVICES</b>	<b>1800 800 098</b>
<b>NUNKUWARRIYUNTI</b> <i>(Aboriginal Health, counselling)</i>	<b>(08) 82235217</b>
<b>NUNGA MI:MINAR</b> <i>Emergency Accommodation for Aboriginal Women &amp; Children who are Victims of Domestic Violence</i>	<b>1300 782 200</b>

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