

# Safety Plan

## Planning for your safety

If you are a victim of family violence your safety is a priority. Developing a safety plan is important if you are in relationship with someone who uses violent or controlling behaviours toward you; or if you are preparing to leave that relationship; or when you have left and are living safely after separation. You may have other people to include in your safety plan, such as your children or extended family members.

You can contact a family violence service for assistance with making a safety plan or you can do you own. Remember to be mindful of your safety while preparing a safety plan.

### Some of the things you will need to think about for a **Safety Plan** are:

#### 1. Emergency contact numbers:

- Police ☎ 000
- 24/7 Women's Domestic Violence Crisis Service ☎ (03) 9322 3555 ☎ 1800 015 188

#### 2. A trusted person who knows about the family violence and can help you, such as a friend, neighbour or family member.

How are you going to tell that person you need help?

- Have code word for help
- Keep their number in your mobile phone

#### 3. Identify a safe place to go and how to get there in an emergency:

- This could be a trusted person, family or 24/7 police stations
- Rehearse an escape plan

#### 4. Money:

- Where can you access money in an emergency?
- Keep some cash handy
- Banking details
- ATM/Credit cards

#### 5. Mobile phone:

- If possible get a new phone
- Be wary of phones that the perpetrator of family violence has had access too. This includes phones given to children
- Use the block my number feature on yours and your children's phone
- Use the Caller ID feature
- Regularly clear the recently dialled number log
- Dial a "safe" number after contacting family violence services if using a land line
- Phone charger
- A phone card

#### 6. Technology:

- Use a computer the perpetrator of family violence does not have access to
- Create a new email or instant messaging accounts
- Change passwords & pin numbers
- Be aware of the risk of sharing information in online networks
- Use the safety features on family violence websites that prevent the tracing of viewed pages
- Talk to children, friends and family about online safety
- Be wary of opening attachments & links by unknown sources or the perpetrator of family violence

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## 7. Important paperwork:

- Centrelink card
- Medicare card
- Intervention Order
- Licence
- Birth certificate
- Passport
- Marriage certificate
- Citizenship papers
- Other legal papers
  - Mortgage
  - Rental agreement
  - Insurance policies
  - Will
  - Tax file number
- Keep spare copies of these documents in a sealed plastic container with your trusted person

## 8. Clothing:

- Clothing packed for an emergency

## 9. Medication:

- Current medication
- Prescription/s

## 10. Spare set of keys:

- House keys
- Car keys
- Office keys

## 11. If you have children:

- Clothing packed for an emergency
- Toys and books
- A favourite comfort toy
- Any medication they may need
- Bottles, dummies
- Intervention Orders or Family Court Orders for the children
- Do they need their own safety plan?

## 12. If you have pets:

- The pet
- Any pet care things

## 13. If you have a disability what are your special needs?

Consider and address any barriers that might prevent you from implementing your safety plan

**Remember to regularly renew your safety plan.**