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Safety Plan

While Living With Your Partner

Safety Planning

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Having a safety plan can be a way to increase your own, as well as your children's safety, if there is a risk that you could experience abuse. You do not have control over your partner's violence, but you can map out action steps to increase your safety & prepare in advance for the possibility of future violence/harassment. This information package offers ideas & suggestions for you to think about. Don't try to do everything right away, take it a step at a time and start with ideas that seem realistic and right for you. Keep in mind that it is important to review and/or update your safety plan regularly. Abusive situations & risks can change very quickly.

BE CAREFUL TO KEEP THIS SAFETY PLAN IN A PLACE WHERE YOUR PARTNER CANNOT FIND IT.

PREPARATIONS FOR AN EMERGENCY ESCAPE

- Take a photocopy of these items and store them in a safe place away from the originals. Hide the originals somewhere else if you can.
 - Passports, birth certificates, immigration papers, for all family members
 - School and vaccination records
 - Medications, prescriptions, medical records for all family members
 - Driver's license and registration
 - Welfare identification
 - Work permits
 - Divorce papers, custody documentation, court orders, restraining order, marriage certificate, tax returns
 - Lease/rental agreement, house deed, mortgage payment book
 - Bank books/bank statements
 - Insurance papers
 - Address/telephone book
 - Picture of (ex) partner/abuser
 - Health cards for yourself and family members
 - All the cards you normally use, for example, VISA, phone card, Social Insurance, bank cards and credit cards
- Try to keep all the cards that you normally use, in your wallet. For example:
 - Social insurance cards
 - Bank cards
 - Credit cards
 - Phone card
 - Health cards

- Try to keep your wallet and purse handy and containing the following:
 - Car/house/work keys/safety deposit/mailbox
 - Checkbook, bank books/bank statements
 - Driver's license, registration, insurance
 - Address/telephone book
 - Picture of (ex) partner/abuser
 - Emergency money in cash hidden away
 - Copies of court orders

- Keep the following things set aside in an easy to get place so that you can grab them quickly:
 - Emergency suitcase with immediate needs
 - Special toys, etc. for children if you have any
 - Jewelry
 - Small saleable objects
 - Items of special sentimental value
 - A list of other items you would like to take if you get a chance to come back to your home later
 - Cell phone/tablet/laptop & chargers
 - Pet carrier

- Open a bank account in your own name and arrange that no bank statements or other communication is mailed, emailed or phoned in to you. You could choose to arrange for mail to be sent to a friend or family member. It would be a good idea to set it up at a bank different than the one your abuser uses

- Save and set aside as much money as you can

- Plan your emergency exits. How would you get out fast, would you use a door or a window? How will you get your emergency suitcase, money, etc. out? Plan and rehearse the steps you will take if you need to leave quickly, and learn them well. These steps include what will you do/where will you go once you have left your home

- Hide extra clothing, house keys, car key, money, etc. at a friend's/family members' house

- Consider getting a safety deposit box at a bank that your partner does not go to

- Back your car into the driveway. Make sure there is a full tank of gas and you always keep it locked



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