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## **Safety Plan**

# *Children's Safety Plan*

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The plan was developed to help a parent teach her/his children some basic safety planning. It is based on the belief that the most important thing that children can do for their parent is to get away from the area of violence and keep themselves safe.

- Have your child identify a safe room/place in the house, preferably with a lock on the door and a phone. The first step of any plan is for the children to get out of the room where the abuse is occurring.
- Stress the importance of being safe, and that it is not his/her responsibility to make their parent/caregiver safe.
- Teach your children to not open the door to anyone but to let you know someone is there.
- Teach your children how to call for help. It is important that children know they should not use a phone that is in view of the abuser. This puts them at risk.
- If you have a cell phone, teach your children how to use it.
- Teach them how to contact the police by dialing 911.
- Ensure that children know their address and full name (rural children need to know their emergency number and rural route number).
- Rehearse what they will say after dialing 911. In the case of young children it should be something simple and specific. An example of what your child could rehearse is:

An operator will answer: "Police, fire, ambulance."

Your child says: "Police"

Then your child says:

"My name is \_\_\_\_\_"

I am \_\_\_\_\_ years old.

I need help. Send the police. Someone is hurting my (mother/ father).

The address here is \_\_\_\_\_"

The phone number here is \_\_\_\_\_"

- If children call the police, they need to leave the phone off the hook after they are done talking. The police may call the number back if they hang up and the abuser could answer the phone. This could create a dangerous situation for yourself and your child.
- Keep emergency numbers by all phones.
- Teach your children about Neighbourhood Block Parents and how to use them.
- Pick a safe place to meet your children out of the home after the situation is safe for you (so you can easily find each other). Teach them the safest route to that place.
- Have a code word with your children that they can use with you, a word that no one else will know what it means.
- Develop a visual or other code for your children to know that there is a danger in the house so they will not enter the house or room if they see the code.
- Advise your children's schools, doctors and child care providers of your situation and give them a copy of any court order you have.
- Advise these same people about who is allowed to pick the children up or who is to have contact with them. Request that they report any suspicious persons or activity to you and/or the police.
- Ensure that your children are accompanied to and from school and any other places they go to.
- If the abuser has legal access to your child or children, you can talk to a lawyer about the possibility of getting supervised access or having access denied.



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