

## **PERSONALIZED SAFETY PLANNING CHECKLIST**

### **Section 1: SAFETY DURING A VIOLENT EVENT**

- Children's safety- Inform children of emergency procedures, teach them to call 911 (make sure it works in your area)
- Code word- Work out an emergency code word with children
- Do neighbours know to call police?
- Work out an emergency code with friends
- Escape routes- Plan your emergency escape exits
- If I have to leave where will I go? (first and second choice)
- Safest places in my home
- Places to avoid during an incident
- Trust my own judgement

### **Section 2: SAFETY WHEN PREPARING TO LEAVE RELATIONSHIP**

- Where will my children and I go?
- Seek community support from Victim Services, Woman's Centres, Emergency Shelters, Crisis Lines
- Know how to contact an emergency shelter (Transition Home)
- Escape plan
- Legal Advise
- Have your doctor document physical harm
- Familiarize yourself with family finances. Open a savings account in a different bank. Have emergency money in a safe place
- Pack a suitcase

### **ITEMS TO TAKE WHEN LEAVING**

- Copies of important documents
- Identification for myself
- Birth certificates for self and children
- Social insurance card, Passports
- Cheque book and ATM cards, bank statements
- Marriage certificate
- Separation agreement, divorce decree
- Immigration papers, work permits
- Drivers licence
- Credit cards
- Medical cards for self and children
- Medications
- Money
- Keys for house/car/office
- Address book
- Pictures
- Jewellery
- Small saleable items
- Children's favourite toy or blanket
- Items of special sentimental value

### **Section 3: SAFETY IN MY OWN RESIDENCE**

- Change locks on all doors
- Doors should be equipped with deadbolt locks. Install a peephole on the door
- Add window locks. Close drapes at night
- Use only your first initial and last name or "Occupant" on mail boxes, in phone books, or on apartment listings
- Never remain alone in an apartment laundry room, mailroom or parking garage
- Install security system
- If you come home and there are signs of a break in, DO NOT GO IN! Go to a neighbour and call the police.
- Purchase rope ladders to use to escape from second floor
- Smoke detectors and fire extinguishers for every floor
- Outside lighting
- Teach children to use the telephone to call for help
- Never open the door to a stranger and do not let children answer the door
- Make sure people who care for children know who can pick them up and to call police if others try
- Advise appropriate people that husband no longer resides with me and should not be at my residence, call police if he shows up
- Have husband's mail redirected to his new address

### **Section 4: SAFETY WITH A PROTECTION ORDER**

- Keep a copy of protection orders with me
- Ask for clarification if I do not understand the wording of the order
- Ensure protection orders are filed with the Central Registry of Protection Orders
- Give a copy of the order to my children's care givers if the children are mentioned in the order
- Immediately report any violations of the order to the police

### **Section 5: SAFETY AT WORK AND IN PUBLIC**

- Where will I go if my husband is following me while I am driving my car
- Inform my boss and coworkers of the situation and provide copy of the protection order, along with a picture of my husband, to the head security
- Ask someone to screen my telephone calls at work
- Use a different grocery store and shopping mall than when I lived with my abusive partner
- Use a different track or gym to work out on than the one I used to
- Have my personal bank accounts in a different bank than my husband and I used

### **Section 6: SAFETY AND MY EMOTIONAL HEALTH**

- When I feel down and depressed and am considering returning to my abuser I will \_\_\_\_\_
- How I will communicate with my Ex-Partner if necessary and not in violation of protection order is \_\_\_\_\_
- If child access is required, organise a neutral and public spot for exchange of children
- Support services for me
- Support services for my children
- Allow myself to make mistakes and have set backs