



Safety Plan

If you are in an abusive relationship, think about:

If possible, have a phone accessible at all times. Have important phone numbers nearby for you and your children. Numbers to have are the police, hotlines, friends, schools, doctors, relatives and the local shelter.

Any friends or neighbors you could tell about the abuse? Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.

How to get out of your home safely. Practice ways to get out.

Safer places in your home where there are exits and no weapons. If you feel abuse is going to happen try to get your abuser to one of these safer places.

Any weapons in the house? Think about ways that you could get them out of the house. If not, keep weapons such as guns and knives locked up and as inaccessible as possible.

Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that will take you out of the house - taking out the trash, walking the pet or going to the store. Put together a bag of things you use every day (see the checklist below). Hide it where it is easy for you to get.

Going over your safety plan often.

If you consider leaving you abusive partner, think about:

Four places you could go if you leave your home. Call your local shelter, Odyssey House for emergency housing (780-532-2672)

People who might help you if you left. Think about people who will keep a bag for you. Think about people who might lend you money. Put away some money if possible and leave it with family or friends if need be. Make plans for your pets.

Keeping change for phone calls or getting a cell phone.

Opening a bank account or getting a credit card in your name.

How you could take your children with you safely. There are times when taking your children with you may put all your lives in danger. You need to protect yourself to be able to protect your children.

Keep a journal of all violent incidents, making note of the dates, events and threats made if possible.

Hide an extra set of car keys if possible.

Speak to your local shelter. They will discuss what services and supports they can offer you and your children and help you form a safety plan.

Items to take if possible:

Extra Clothes	Important Papers for you or your children	Work Permits
Money	Social Insurance Cares (Alberta Supports ID)	Car registration
Medication	Pay stubs, bankbooks, credit cards	Unpaid bills
Driver's License / Identification	Mortgage payment book	Keys to car, house, work
Passports	Lease/rental agreements	Pictures / things that mean a lot to you
Green Cards	Copies of marriage license, divorce papers, wills, custody orders	Items for you children (toys, special blankets etc).
Insurance papers	Birth certificates	Address Books

If you have left your abusive partner, think about:

Your safety - you still need to.

Getting a cell phone. Odyssey House may be able to provide you with a cell phone that is programmed to only call 911. These phones are for when you need to call the police and cannot get to any other phone.

Getting an EPO from the court. Keep a copy with you all the time. Give a copy to the police, people



who take care of your children, their schools and your boss. If the abuser breaches conditions of the EPO, notify the RCMP right away.

Changing the locks if you are remaining in the family home. Consider putting in stronger doors, smoke and carbon monoxide detectors, a security system and outside lights.

Telling friends and neighbors that your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home or children.

Telling people who take care of your children the names of people who are allowed to pick them up. If you have an EPO protecting your children, give their teachers and babysitters a copy of it.

Telling someone at work about what has happened. Ask that person to screen your calls. If you have an EPO that includes where you work, consider giving your boss a copy of it and a picture of the abuser. Think about and practice a safety plan for your workplace. This should include going to and from work.

Not using the same stores or businesses that you did when you were with your abuser. Take a different route when to transport your children to and from school.

Have someone that you can call if you feel down. Call that person if you are thinking about going to a support group or workshop. Odyssey House offers a 24/7 crisis

If you must speak to your abuser, do so in a safe place.

Going over your safety plan often.

WARNING: Abusers try to control their victim's lives. When abusers feel a loss of control – as in when victims try to leave them - the abuse often gets worse. Take special care when you leave. Keep being careful even after you have left.