

Brief Safety Plan for Escaping Intimate Partner Violence

Name: _____

Date: _____ Review Date(s): _____



**KEEP PLAN IN
A SAFE PLACE**

NUMBERS TO CALL FOR HELP

In case of an emergency, I will immediately call 911 or the police.

This is a free call from all phones (landlines, cell phones and pay phones)

- Landline – even if you can't speak, leave it off the hook and the police can locate you
- Cell phone – say your location first

Whether day or night, I will contact my local, provincial or territorial crisis line if I need immediate crisis support or a referral to a program or service.

I can fill out the table below with service providers in my community that can help me.

Service Provider	Phone Number and/or Email Address
Midwife	
Hospital Birthing Unit	
Nurse Practitioner/Physician	
Regional intimate partner violence service	
Missing Kids	MissingKids.ca at 1-866-KID-TIPS (543-8477)

STEPS TO THINK ABOUT WHEN LEAVING AN ABUSIVE SITUATION



Step 1: Safety when preparing to leave

- Where can I stay?
- Where can I go?
- What should I take with me when I leave?
- What safety arrangements do I need to make so I can leave quickly?



Step 2: Safety during a violent incident

- What can I do to increase my safety?



Step 3: Safety in my residence after leaving the abuser

- How do I make my home safer?



Step 4: Safety with a protection/restraining order

- What actions can I take to enforce my protection/restraining order?



Step 5: Safety at work and in public

- What can I do to stay safe at work and in public?



Step 6: Safety and drug or alcohol use

- What can I do to make things safer for me and my children?



Step 7: Safety and my emotional health

- What can I do to support my emotional health?



REVIEW PLAN
WITH YOUR
MIDWIFE
OR OTHER
PROFESSIONAL

WHAT TO TAKE WHEN LEAVING

Items in the left-hand column on the following list are **the most important to take**. If there is time, the items on the right might be taken, or stored outside the home.

These items might best be placed in one location so that if I must leave in a hurry, I can grab them quickly.

Check off items on this list as you make your plans.

When I leave, I will TRY to take the following items for myself and my children:

	The MOST IMPORTANT items to take
<input type="checkbox"/>	Birth certificates
<input type="checkbox"/>	Driver's licence and registration
<input type="checkbox"/>	Health insurance cards
<input type="checkbox"/>	Money
<input type="checkbox"/>	Debit and credit cards (if possible, I will remove my partner or myself from cards to increase safety)
<input type="checkbox"/>	Keys – house/car/office
<input type="checkbox"/>	Court orders, protection/restraining orders and custody documentation
<input type="checkbox"/>	Work permits
<input type="checkbox"/>	Social Insurance Number (SIN Card)
<input type="checkbox"/>	School and vaccination records
<input type="checkbox"/>	Passports
<input type="checkbox"/>	Chequebook
<input type="checkbox"/>	Transit pass
<input type="checkbox"/>	Medications and prescriptions
<input type="checkbox"/>	Citizenship or immigration documents or Certificate of Indian Status

	Take these if you have time
<input type="checkbox"/>	Lease/rental agreement, house deed, mortgage papers
<input type="checkbox"/>	Insurance papers (car, home, health)
<input type="checkbox"/>	Divorce papers, marriage certificate
<input type="checkbox"/>	Pictures of family and children/grandchildren
<input type="checkbox"/>	Medical records
<input type="checkbox"/>	Assistive devices (i.e. glasses, dentures, walkers, canes, hearing aids)
<input type="checkbox"/>	Address/telephone book
<input type="checkbox"/>	Children's favourite toys and/or blanket
<input type="checkbox"/>	Valuable or sentimental items such as jewellery

Notes:

1. If can't take all these things, I know that I can replace most of them, although it will involve doing a lot of paperwork.
2. I use digital devices and may have already stored personal information on-line using cloud computing or I am thinking about doing this. I will read this to find out more about technology safety planning: www.techsafety.org/resources-survivors/technology-safety-plan

REFERENCES USED TO CREATE THIS ADAPTED RESOURCE:

BC Ministry of Justice, and BC Housing. *Personalized Safety Planning Template*, <https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/service-providers/training#safety-planning>.

BC Ministry of Justice, and BC Housing. *Creating a Safety Plan*. 2015, <https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/service-providers/training#safety-planning>.