

Detailed Safety Plan for Escaping Intimate Partner Violence

Name: _____

Date: _____

Review Date(s): _____

If you have time to create a safety plan, it can help you prepare for the possibility of violence. This resource presents steps you can take to escape during a crisis and get to a safe place. It also includes considerations for your emotional health. Check off and fill in what works best for you. Review the plan often and make changes as needed. If you feel comfortable, discuss this plan with your health care provider and make sure the plan is in a safe place.

**KEEP PLAN IN
A SAFE PLACE**

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?



STEP 1: SAFETY WHEN PREPARING TO LEAVE

I know many people who have experienced intimate partner violence often leave their abuser. I am aware that if my partner thinks I am leaving, my safety at home will be more at risk. If I have enough time to plan, I should take the time to plan carefully to ensure safety.

Here is a detailed list of things to think about when planning to leave an unsafe situation.

Check things off as you make your plans.

I can use any of the following safety strategies:

ARRANGING A PLACE TO STAY

**REVIEW PLAN
WITH YOUR
MIDWIFE
OR OTHER
PROFESSIONAL**

Where can I stay to stay safe?	Notes:
<input type="checkbox"/> I have to leave my home quickly, where can I go immediately?	
<input type="checkbox"/> If I cannot go to the location above, where else can I go?	
<input type="checkbox"/> Who can I stay with for a longer period of time?	
<input type="checkbox"/> Who can lend me some money?	
<input type="checkbox"/> My local violence helpline number is:	
<input type="checkbox"/> My local shelter, counselling and immediate support number is:	

PLANNING WHAT ITEMS 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

MAKING SAFETY ARRANGEMENTS

I can make the following safety arrangements **NOW**, so that I can leave quickly and have plans in place to increase my safety and the safety of my children.

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

	Safety arrangements	Name on contact person(s)/Notes:
<input type="checkbox"/>	I will leave money, an extra set of keys and clothes with...	
<input type="checkbox"/>	I will photocopy my important documents , and leave them with...	
<input type="checkbox"/>	I will tell people I trust about the violence and request that they call the police if they hear suspicious noises coming from my house...	
<input type="checkbox"/>	I will sit down and review my safety plan periodically in order to plan the safest way to leave the residence. This person (support worker or friend) has agreed to help me review this plan...	
<input type="checkbox"/>	I will open my own savings account (if I don't already have one).	
<input type="checkbox"/>	I will teach my children how to use the telephone to contact the police in case of an emergency.	
<input type="checkbox"/>	I will establish and use a code word with my children, friends or health care provider so they can call for help (eg. if you call your midwife to report X, the midwife knows and always agrees to assess you in person at the hospital).	
<input type="checkbox"/>	I understand how important it is to be able to communicate by phone and text. I also understand that these communications are not private .	



STEP 2: SAFETY DURING A VIOLENT INCIDENT

I cannot always avoid violent incidents. To increase my safety, I can use a variety of different strategies.

I can use some or all of the following safety strategies:

Strategies to increase my safety	Be specific
<input type="checkbox"/> When I expect we are going to argue, I will try to move to a space that is the lowest risk, such as (eg, near a phone I can use to call for help).	
<input type="checkbox"/> If I decide to leave, I will practice how to get out safely. <ul style="list-style-type: none">• What doors, windows, elevators, stairwells or fire escapes would you use?• Consider your physical stamina and abilities as well as those of anyone who may need to leave with you (eg. young children).	
<input type="checkbox"/> I will keep my pre-packed bag of identification, money and keys where I can grab it and leave quickly. This place is...	





STEP 3: SAFETY IN MY RESIDENCE AFTER LEAVING THE ABUSER

There are many things that I can do to increase safety at home. It may be impossible to do everything at once, especially if cost is a barrier, I live in an apartment, or can't make any changes to my residence, but **safety measures can be added step by step.**

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

	Safety measures to increase safety at home	Details
<input type="checkbox"/>	I can change the locks on my doors and windows as soon as possible.	
<input type="checkbox"/>	I can replace wooden doors with steel/metal doors.	
<input type="checkbox"/>	I can install security systems including additional locks, window bars, poles to wedge against doors, an alarm system, etc.	
<input type="checkbox"/>	I can purchase rope ladders to be used for escape from second floor windows if they would enhance our safety.	
<input type="checkbox"/>	I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.	
<input type="checkbox"/>	I can install an outside lighting system that lights up when a person is coming close to my house.	
<input type="checkbox"/>	I can contact this person to help with purchasing these items...	
<input type="checkbox"/>	I can contact this person to help with installing....	
<input type="checkbox"/>	I will teach my children how to use the telephone to make a collect call to me and to call this person (friend/family member/other) in case my partner takes the children....	
<input type="checkbox"/>	I will teach my children how to not disclose our address and phone number to people including (list the people)....	

<input type="checkbox"/>	<p>I will provide a list of people who can pick up my children. I will say that my partner/ex-partner is not permitted to pick them up. If I am asked for legal documents to back up my request, I will provide them if necessary.</p> <p>The people I will inform about pick-up permission include (name them):</p> <p style="padding-left: 150px;">School: Day care: Babysitter: Teacher: Other(s):</p>	
<input type="checkbox"/>	<p>I can inform the following neighbours and friends that my partner no longer lives with me and they should call the police if my partner is seen near my residence.</p>	
<input type="checkbox"/>	<p>If I need to call the police, I will give them the following information about my partner/ex-partner:</p> <p style="padding-left: 150px;">Birth date: Physical description including: Height: Weight: Hair colour: Facial hair: Tattoos: Scars: The type of vehicle they drive: Vehicle license plate number:</p>	
<input type="checkbox"/>	<p>I can take steps to ensure the confidentiality of certain documents by using a PO Box or alternate address, or setting up a password with certain institutions to ensure only I can access my personal information.</p> <p>The documents I will change may include:</p> <p style="padding-left: 150px;">Bills: Utilities: Car registration: Taxes: Bank accounts:</p>	



STEP 4: SAFETY WITH A PROTECTION/RESTRAINING ORDER

I recognize that I may need to ask the police and the courts to enforce my protection/restraining order.

Actions I can take to enforce my protection/restraining order	Contact/Other information
<input type="checkbox"/> If I have any questions about protection/restraining orders, or how I can get one, I will contact this person:	
<input type="checkbox"/> I will keep my protection/restraining order on me at all times. It will always be in whatever purse I am carrying today, sewn into a jacket I always take with me, etc. I will keep it in this location:	
<input type="checkbox"/> I will inform my employer, my closest friend and these other people I trust that I have a protection/restraining order in effect:	
<input type="checkbox"/> If my partner violates the protection/restraining order, I will call the police and report a violation. I can also contact my lawyer and/or call my support worker .	
<input type="checkbox"/> I will inform and provide a copy of my restraining/protection order to people who have contact with my children. The people I will inform about my protection order include: <ul style="list-style-type: none"> School: Day care: Babysitter: Teacher: Other(s): 	





STEP 5: SAFETY AT WORK AND IN PUBLIC

People who have experienced intimate partner violence must decide if and when to tell others about the violence and that they may be at continued risk. Trusted friends, family, and co-workers can help.

You should consider carefully which people are supportive and helpful.

I might do any or all of the following:

Things I can do to stay safe at work and in public	Names/Notes:
<input type="checkbox"/> I can choose to inform my boss and other people at work of my situation.	
<input type="checkbox"/> I can ask this person to help screen my telephone calls at work.	
<input type="checkbox"/> When leaving work, I can do this:	
<input type="checkbox"/> When on my way home, I will be ready to call 911 immediately if my abuser appears.	
<input type="checkbox"/> I can use different grocery stores and shopping malls and shop at hours that are different than those that I used when residing with the abuser.	
<input type="checkbox"/> I can use a different bank and take care of my banking at hours different from those I used previously.	
<input type="checkbox"/> I can also do this...	



STEP 6: SAFETY AND DRUG OR ALCOHOL USE

If drug or alcohol use has contributed to violence, I can enhance my safety by doing some or all of the following:

Drug or alcohol use and safety	Notes:
<input type="checkbox"/> If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are supportive.	
<input type="checkbox"/> I can also do this:	
<input type="checkbox"/> To safeguard my children, I will do these things:	

See this resource for information on sexual assault and drugs and staying safe: https://www.sadvreatmentcentres.ca/assets/resource_library/public/Sexual_Assault_and_drugs_Staying_safe.pdf





STEP 7: SAFETY AND MY EMOTIONAL HEALTH

The experience of intimate partner violence is exhausting and emotionally draining. The process of moving forward takes much courage and energy.

To conserve my emotional energy and resources, I can do some of the following:

Things I can do to support my emotional health	Notes:
<input type="checkbox"/> If I feel down and want to return to a potentially abusive situation, I can do these things instead:	
<input type="checkbox"/> When I have to communicate with my (ex)-partner in person or by telephone, I can do this:	
<input type="checkbox"/> I can call these people for support:	
<input type="checkbox"/> Other things I can do to help me feel stronger are:	
<input type="checkbox"/> To gain support and strengthen my relationships with other people, I can attend workshops and support groups or do these things:	

CONTACT INFORMATION I NEED TO KNOW:

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

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>.