

Safety Plan Worksheet

In an abusive relationship the physical and emotional security of the victim and the victim's children are at risk. Safety planning is one way to reduce the harm that may occur. By working through the following pages with your victim services provider you will create a personal plan that will help you to avoid dangerous situations, and to know the best way to react when you are in danger. When your safety plan is complete, you will have:

- A list of important contacts;
- A way to get in touch with emergency and support services;
- Knowledge on how to avoid or reduce the risk of injury during a physical attack;
- Information about home security, and how to be safe in and outside your home;
- A safe place to go in an emergency, and a plan to get there (with your children); and
- Quick access to cash, important documents and basic necessities.

The most important part of every safety plan, for all victims and their children, is: **when in danger GET OUT, GET SAFE and GET HELP.**

A. Connect to Services

1. What phone(s), features and/or other device(s) do you need to connect with services and how will you get them:
2. What will you say when you call 911 from your home and what will you say when calling from somewhere else:

*Consider practicing your 911 calls with your victim services worker acting as the 911 operator.

3. Use the space at the end of this worksheet to list the services and people you will call for help, information and/or support. How many copies will you make and where will you put them for easy access:



Teach your children when to call 911 and how to do so safely. Have them memorize their full names and address or how to explain where their home is. Let them know they can call the Kids Help Phone at any time for help or just to talk. With their input, make a list of contacts they can keep with them all the time.

B. In an Emergency

1. In an emergency, what are the quickest and safest ways out of your home:

What will you do to prepare your home and vehicle for a faster and/or easier escape:

What will you try to take with you when you flee in an emergency:

Where will you go to be safe and to get help:

2. If you are not able to leave your home in an emergency, which rooms and areas will you stay away from:

Which rooms and areas in your home are safer and give you the best chance for escape and/or to call for help:

3. Who are the people you will ask to help keep you and your children safe in an emergency:



Have a signal to let your children know when it is time to flee. When it is safe to do so, practice your escape with them. Tell them where to go to be safe, to get help and/or to wait for you. Show them safe places in your home for when they cannot escape. Tell them to call for help, or get out and get help, as soon as they can.

C. A Physical Attack

1. What usually angers the abuser, and how does the abuser usually behave, just before a physical attack:

What excuses will you use to leave, or other actions will you take, when you feel the abuser may become violent:

What is the safest way for you to react to the abuser's violence: ☐ defend yourself (fight back) ☐ protect yourself

How will you defend and/or protect yourself when the abuser physically attacks you:

2. Are their types of violence in your relationship that increase your risk of serious or deadly injury:

☐ strangulation (choking) ☐ hits to the head ☐ weapons ☐ abuser's substance use ☐ your substance use

What will you do to remove or lessen these risks and lower the chance that you will be hurt:



Stress with your children that they should never put themselves in danger by trying to protect you or anyone else. Teach them to get out, get safe and get help. Have a signal for when they should stay away.

D. Civil and Criminal Justice Systems

1. How will you go about getting a protection order and who will help you:

What will you do to make the most of your protection order so it works to keep you as safe as possible:

2. What evidence will you collect for reporting the abuser's violence to the police:

What information will you gather to help you with legal issue concerning your children and property:

3. What will you do to make the criminal and/or civil justice systems safer and easier and who will help you:



If your children are named in a protection order, give a copy, as well as a picture of the abuser, to the places they go. Give older children a copy to have with them and tell them what to do if the abuser disobeys it. If your children have to testify in court connect them with a Victim/Witness Program to help them prepare.

E. Planning to Leave

1. Use the list on the last page of this worksheet to decide what you will need when you leave for the short or long term. Where will you store your documents and emergency bag:
2. What information and services will make leaving easier and safer for you; where and how will you get them:

What work will you do to get ready for leaving and to make after leaving safer and less stressful:

3. How will you stop the abuser from learning about your plans to leave:



Talk to your children about the public nature of the internet and what must not be shared with others. Make sure their devices cannot be used to track your activities. If older children do not want to leave, talk to them about their concerns, and tell them that your priority is their safety, so they are more comfortable going with you.

F. After Leaving

1. How will you keep your children in your care and safe after you have left the abuser:

What details concerning child custody and access (visits) are important and who will help you make them legal:

2. How will you stop the abuser from getting to you, and/or getting information about you, after you have left:
3. What activities and routines will you change after you have left, who will you need to stay away from, and how will you make your home, vehicle and the places you go to often safer:

Who will you ask to help keep you and your children safe after you have left:



If you have moved, practice escaping with your children and show them the safest rooms in their new home. Warn them about sharing information in person and on the internet. Make sure they have a plan to be safe at home, school and other places they go. Discuss the routines they will need to change. Get advice about custody and access from a private or Legal Aid lawyer, or the Family Law Information Centre. Ensure that important details are included in court orders concerning your children. Have a safety plan for when your children are visiting the abuser. For free information about parenting after leaving, take part in the Parent Education Program.

G. Stalking

1. What extra steps will you take to increase your physical and emotional safety because the abuser is stalking you:

Who will you ask to tell you when they see, or know about, the abuser stalking you:

2. How will you keep track of (log) each time the abuser stalks you, and collect other evidence of the stalking to give to the police, and who will help you:



Talk to your children about what stalking is. Ask them to let you know if they see the stalker or the stalker's vehicle around you or your home. Tell them what information they must not share with the stalker.

H. Your Well-being

1. What will you do, and what services will help you, to set and achieve healthy goals for a happy future:



Find out how to reduce the harm to your children because they were abused and/or saw abuse. Tell them often that it is not their fault or yours. Stress that abuse and violence is wrong even when someone they love is doing it. Get them to take part in a Children Exposed to Violence Program and/or other support services.

Lists of Important Items and Documents

Your **wallet or purse** should be where it is easy to grab as you flee and should always contain the following:

- ☐ Identification for you and your children;
- ☐ Debit, credit and health cards;
- ☐ Your list of important contacts (don't trust them in your cell phone as it may be left behind or broken);
- ☐ Keys to your home, vehicle and safety deposit box; and
- ☐ Cash for emergency use.

An **"emergency bag"** is a collection of important items you will need for the short term when you flee. It should be stored in a safe place where you can easily get it when you need it and may contain the following items:

- ☐ Cash, chequebook, debit card, credit card and calling card;
- ☐ Must-have medications, physical aids, glasses, hearing aids, etc.;
- ☐ House keys, vehicle keys, keys to other properties, safety deposit box key, etc.;
- ☐ Toiletries, baby food, formula, diapers, baby bottles, etc.;
- ☐ Extra clothing for you and each of your children;
- ☐ Current pictures of you, your children and the abuser;
- ☐ Small items of sentimental value, jewellery, photographs, etc.;
- ☐ Special toys and/or comforts for your children;
- ☐ A list of other items you would like if you get a chance to return to your home to collect belongings; and
- ☐ An additional copy of the documents listed below.

Make copies of important **documents** you will need when you leave, and store them someplace safe like a safety deposit box, your workplace, or with a trusted friend:

- ☐ Passports, birth certificates, work and student IDs, driver's licence, social insurance and First Nations status cards;
- ☐ Permanent resident or citizenship papers, work permit, visa and other immigration papers;
- ☐ Social assistance, disability and/or worker's compensation documents;
- ☐ Children's identification, custody and access orders, paternity or adoption records and school records;
- ☐ Deeds to your home and other properties, lease or rental agreements and property insurance policies;
- ☐ List of account numbers, bank books, debit and credit cards and passwords;
- ☐ Vehicle registration and package policy, CAA card;
- ☐ Copies of loan and investment records, life insurance policies, income tax returns and pay stubs;
- ☐ Marriage certificate, separation or divorce papers, proof of common-law status and protection orders;
- ☐ Health cards, medical and vaccination records, medications, and prescriptions for you and your children;
- ☐ Address book or contact list for friends, family, professional services, children's school and daycare, etc.; and
- ☐ A list of household contents including the items in each room in your home, your garage and storage structures (with or without photos or a video), for use when dividing property.

Important Contacts

Police: **911** or:

Victim Services:

Kids Help Phone: 1-800-668-6868

Crisis Shelter:

Other Crisis Services:

Service providers, family, neighbors, coworkers, etc.:

Notes