

Strategies for Staying Safer

STEP 3: My Safety Plan

Your “**Safety Plan**” is a response to your checklist and notes from **Step 2** where you identified the risk factors in your relationship. You have also identified agencies and people who you trust to help you. Include them in your safety plan. You may not be ready to take action in all areas of your life all at once. Deal with the ones that you know you can do something about – and work on the others over time. Nobody can predict every possible scenario, but if you plan and think ahead about what you might do in case your partner becomes violent to you, the children, the pets, your property or others you love, you may be prepared to protect yourself.



Each strategy you create
may help to reduce risk
and increase your safety.



Keep your plan in a safe place
where your partner will not find it.



My Safety Plan

Threats of suicide

I will take his threats of suicide seriously.

MY STRATEGY... I will talk to:

_____ about removing firearms/ammunition from the house.

I will call Chimo Helpline at 1-800-667-5005.

I will seek advice from:

_____ *(doctor, emergency room)*

Personal perception of risk

I will be alert to the potential that he will become more violent when:

Outside my home, he is most likely to abuse me:

MY STRATEGY... for dealing with abuse that tends to happen at certain predictable times is:

MY STRATEGY... for dealing with abuse when it happens outside my home is:



My Safety Plan

Life events

He is upset lately because of:

(a life event like pregnancy, retirement, illness, etc.)

MY STRATEGY... for dealing with abuse that tends to happen at certain predictable times is:

Attitudes and values that reinforce the way he treats me

I will talk to a family violence professional:

(someone who can help me talk about the abuse that is happening)

I will explain my situation to:

(someone who will not condone the abuse or make excuses for my partner. If they do, I will look for support from another person.)

Personal supports

I will contact:

*(A friend, family member, neighbor, co-worker, minister, doctor who tells me they believe me and says that **NO ONE deserves to be abused – it's not your fault!**)*

I will ask if they can help me when I need support. I will ask for specific help with:

transportation

using a computer/accessing the Internet

money (for taxis, groceries, etc.)

babysitting

petsitting

other

about the **services and supports** in my area such as the transition house, family violence outreach, health and mental health services, legal services, and so on.



My Safety Plan

Emotional responses

I will make an appointment with _____
and/or _____
to discuss my feelings and mental health issues that relate to abuse that I am experiencing.

Available resources and access to services

I will find the contact numbers for services that can help me.

Local transition house _____ Mental Health Clinic _____
Victim Services _____ Family Law NB 1-888-236-2444
Family Violence Outreach _____ Other _____

I will learn some strategies for staying safe when using the Internet and social media. (See *My Safety Plan: On the Internet*)

Presence of children (and possibly pets, other family members)

If I have children, I will contact:

(an agency that works with children)

to ask about the impact of family violence on children and services that can help them.

If I am concerned for my children’s emotional well-being, I will reach out for help from:

If I am concerned for my children’s safety, I will contact:

I will work with my children to help them to create and practice their own emergency safety plans. (See *My Child’s Safety Plan: Someone is Hurting My Mom*) I will make sure they know the abuse is not their fault – I just want them to get to safety.

If I have concerns for the safety of my pets, I will call the nearest transition house to ask about safe shelter programs for pets.
Or, I can ask:

to help look after them.

I will find out about family law issues and my legal rights and protections.
I can contact a family law lawyer _____ or call the
Family Law Information Line: 1-888-236-2444



My Safety Plan

Alcohol and/or drug use

I will be alert to the situations where he might become more violent because he is using alcohol/drugs.

MY STRATEGY... for dealing with abuse that tends to happen when he is drinking or taking drugs, is:

I will be alert to the situations where I am using alcohol/drugs and my ability to activate my safety plan might be put at risk.

MY STRATEGY... for dealing with abuse that tends to happen when both of us are drinking or taking drugs, is:

Physical and mental health

I will let _____ know that my health issues, physical or mental, are putting me at risk of abuse.

I will talk to: _____ about my partner's mental health issues because they affect my safety.

Economic stressors – unemployment, poverty

I will be aware that the stress related to being out of work or not having money for transportation, etc., puts me at greater risk of being abused.

I will seek help from:

(agency that provides training, job skill training, etc.)

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My Safety Plan

Extreme jealousy

I will learn to recognize the signs of an unhealthy relationship.

I will not confuse jealousy and control with love.

I will talk to _____

(service providers who can explain power and control, and how to respond to jealous outbursts.)

Presence of weapons, especially long guns

I will be aware that his threats to shoot me are a sign that I am at increased risk of being seriously harmed or killed.

I will let _____
(any service providers that you have contacted) know I am more fearful because of the firearms.

I can also report my fears about his firearms misuse by contacting the **Canada Firearms Program** at 1-800-731-4000.

I can call the police and let them know I am fearful. I will mention that there are firearms in the house.

Fear: warning signs

I will be aware of warning signs that seem to predict that he is going to assault me. When I see these signs, I will:

I will keep my cell phone with me at all times. In an emergency, I will call 911.

I will not say I am leaving or do anything during the argument that might make him more violent. I will use my judgment and wait until it is safe to leave without telling him.



Increasing physical violence

When we are having a serious argument, I will contact:

or _____

I will keep my cell phone with me at all times.
In an emergency, I will call 911.

I will go to _____

(a room where I can easily leave the house – someplace close to the front or back door).

I will stay away from _____

(places I could be trapped like the bathroom).

I will not go to _____

(places that have knives, guns or things that can be used as weapons).

If I need to get away quickly, I will not say I am leaving or do anything during an argument that might increase his violence. I will wait until it is safe and then leave without telling him.

Reaction to past attempts to leave

I will be aware that leaving an abusive relationship can be very dangerous.

I will get advice about leaving from:

If I decide to leave the situation, even if it is not an emergency, I will not tell my partner about my plans. Once I get to safety I will call or text or have someone else explain that I have left.

If I have concerns about leaving my pets behind, I will call the nearest transition house to ask about safe shelter programs for pets.

Or, I can ask: _____
to help look after them.

I will prepare to get out quickly by making a safety plan for *Leaving in an Emergency*. I will also make a safety plan with strategies for *After Leaving*.

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Important Safety Planning Resources in New Brunswick

You may need to use some, or all, of these resources which are available on the Internet.

- [Living in an Abusive Relationship: Strategies for Staying Safer](#)
- [My Safety Plan: On the Internet](#)
- [My Child's Safety Plan: Someone is Hurting my Mom](#)
- [My Safety Plan: Leaving in an Emergency](#)
- [My Safety Plan: After Leaving](#)
- [Leaving Abuse: Tips for Your Safety](#)
- [Directory of Services for Victims of Abuse](#)
- [Directory of Services for Abusive Partners](#)
- [Strategies for Staying Safer: My Contact List](#)



These resources are produced by Public Legal Education and Information Service of New Brunswick (PLEIS-NB). You can email pleis@web.ca or find them online at www.legal-info-legale-nb.ca – just search “Abuse and Violence”. You can also call the PLEIS-NB toll-free **Family Law information line** at 1-888-236-2444 to get a copy.

