



## Intimate Partner Violence

### Tips for staying safer

Regardless of whether you are living in an abusive relationship or have left to start over, you should explore your options for creating **personalized safety plans**.



Public Legal Education  
and Information Service  
of New Brunswick

If you are living with **intimate partner violence**...  
Here are some tips for making safety plans.

#### My Safety Plan: Leaving in an Emergency

- Plan possible escape routes;
- Keep some cash on hand along with extra clothes, house/car keys;
- Hide a bag packed with important papers, ID, medications, children toys;
- If things escalate **call 911** and try to leave for a safe place;
- Stay calm and try to calm your partner;
- Call the nearest transition house or domestic violence outreach service, and if you have concerns about your pets – ask about *Safe for Pets Too*.

#### My Safety Plan: After Leaving

- Change the locks on doors;
- Install a peep hole in the door;
- Install smoke detectors and a motion sensitive lighting system outside;
- Change your routines. Take different routes and shop in different stores;
- Tell coaches, instructor, teachers, religious leaders, babysitters and others who care for your children about who has permission to pick up them and who does not. Tell them about any protective orders;
- Tell your employer you are separated and discuss safety in the workplace.

#### My Child's Safety Plan

- Talk to your children about making a safety plan and practice with them;
- Tell them not to feel responsible, or get involved in a fight.

#### My Safety Plan: On the Internet

- If your partner is abusive and controlling, he may monitor your activities on the Internet. Seeing you've searched for services for abused women may upset him. Our online factsheet has tips on how to increase your safety online.

#### Living in an Abusive Relationship: Strategies for Staying Safer

- Even if you decide not to leave, consider making a safety plan with personal strategies to help mitigate your risk of harm. This plan is also available as a free App called *EVO – Connecting New Brunswick women to helpful services*;
- Find out about transition houses, helping services, **Emergency Intervention Orders**, and other legal remedies. Check out the *Directory of Services for Victims of Abuse*;
- For information on safety planning for Aboriginal women and children, see the Healing Journey website at [www.thehealingjourney.ca](http://www.thehealingjourney.ca).



For detailed versions of these plans, go to:  
[www.legal-info-legale.nb.ca/en/safety-planning](http://www.legal-info-legale.nb.ca/en/safety-planning)  
Or call the Family Law Information Line at  
**1-888-236-2444**