My Safety Plan: Leaving in an Emergency

It may not be safe to tell your partner that you are leaving. Here are some important EMERGENCY LEAVING STRATEGIES for you to consider.

Strategies for

Emergency Leaving

- I can plan the possible escape route(s) from my home. What doors, windows, elevators, stairwells, or fire escapes could I use:

- If I have to leave quickly, it would be helpful for me to have some emergency cash, an extra set of house and car keys and extra clothes. I will leave these things with ___________________________ and ____________________________

- I can keep my purse/wallet and keys handy, and always keep them in the same place so that I can find them easily if I leave in a hurry.

- My children’s safety is key to my safety plan. I will prepare them for getting to safety. I will use the code word with them and help them to make their own plan (“Someone’s Hurting my Mom”).

- If it is safe for me, I could tell the following people about my situation and ask that they call the police if they suspect I am in danger.

- Safe places that I can go if I need to leave my home:
  - Place to use the phone:

  - Place I could stay for a couple of hours:

  - Place I could stay for a couple of days:

  - Local transition house:

- During an abusive situation I will try to avoid places in the house where I may be trapped or where there are weapons. Bigger rooms with more than one exit may be safer. The places I would try to avoid are:

- I could try to get to these places:

- In order to stay safe, I will try to make my partner calm down by agreeing with them even when it’s not true.

- Calling the Police can increase safety. Intimate Partner Violence is a crime; it is against the law. If your partner is assaulting you, the Police will lay a charge of assault.
For safety reasons I will hide these telephone numbers or memorize them:

- Police Department: ________________________________ (in an emergency call 9-1-1)
- Transition House: ________________________________
- Domestic Violence Outreach: _______________________
- Counselling: ________________________________
- Chimo Help Line (24 hours) 1-800-667-5005
- Lawyer: ________________________________
- Family Law Information Line: 1-888-236-2444
- Work: ________________________________
- Minister/Rabbi/Priest/Elder: ____________________
- Other: ________________________________
If I have pets that may be at risk of abuse or neglect when I leave, I will contact the nearest transition house or domestic violence outreach office and ask them to help me get my pet in the Safe For Pets Too program.

**My Important Documents**

- **I will make copies of important documents.**
  
  I will pack a bag that has copies of these documents and try to keep it stored outside the house. I may pack other items that are important to me and keep them all together in one location so it is easier if I have to leave in a hurry.

- **If I need to return home to get personal belongings, I can ask the police whether they are able to come with me and stand by to keep the peace.** Depending on the situation and how it might affect my safety and their safety, they may not be able to do this.

**What do I need? My Checklist:**

<table>
<thead>
<tr>
<th>My Checklist</th>
<th>My Checklist</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ identification for myself</td>
<td>☐ passports</td>
</tr>
<tr>
<td>☐ children’s birth certificates</td>
<td>☐ health cards</td>
</tr>
<tr>
<td>☐ my birth certificate</td>
<td>☐ medical records</td>
</tr>
<tr>
<td>☐ protection order papers/documents</td>
<td>☐ divorce/separation papers</td>
</tr>
<tr>
<td>☐ social insurance cards</td>
<td>☐ lease/mortgage/insurance</td>
</tr>
<tr>
<td>☐ immigration papers</td>
<td>☐ address book, pictures/photos</td>
</tr>
<tr>
<td>☐ school /vaccination records</td>
<td>☐ children’s favourite toy/blankets</td>
</tr>
<tr>
<td>☐ chequebook, bank book/cards</td>
<td>☐ items of special sentimental value</td>
</tr>
<tr>
<td>☐ credit cards</td>
<td>☐ jewellery</td>
</tr>
<tr>
<td>☐ keys - house/car/office</td>
<td>☐ money</td>
</tr>
<tr>
<td>☐ driver’s license and registration</td>
<td>☐ medications (for you and the kids)</td>
</tr>
</tbody>
</table>

I keep my important documents and items at: ___________________________________________
Other protective actions I could consider to help me leave safely are:

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