

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.



It may be helpful to use a code word with my children or other family members if I want them to call for help. My code word is:

Things I can do to prepare for

Emergency Leaving

- Take the time to practice how to **get out safely**.
- If possible, get my children to **practice their safety plan**.
- Open a savings account in my name and let the bank know **not to send any mail to my home address**.
- **Get legal advice from a lawyer who understands intimate partner violence.** I tell my lawyer not to contact me by mail at my home address. (I will consult with a family lawyer if I have children.) I can ask for help with parenting issues by contacting Legal Aid (www.legalaid-aidejuridique-nb.ca) at _____

- Contact a local Transition House, Domestic Violence Outreach office or other crisis service (See the front of the telephone book for the numbers or check out the online *Directory of Services for Victims of Abuse*.)
- **Keep my cell phone charged in case I have to call for help.** If I don't have a cell or landline, I can keep change for phone calls on me at all times. I will be careful if using a telephone credit card because my partner could see the numbers I have called on next month's telephone bill. To keep telephone communications confidential, I can use a pay phone, a friend's phone, or a friend's calling card.

■ Ask the following people for help with specific matters:

Money: _____

Childcare: _____

Using the Internet: (*See Safety on the Internet*)

Transportation: _____

Other: _____

Telephone numbers I need to know:

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:

- | | |
|--|---|
| <input type="checkbox"/> identification for myself | <input type="checkbox"/> passports |
| <input type="checkbox"/> children's birth certificates | <input type="checkbox"/> health cards |
| <input type="checkbox"/> my birth certificate | <input type="checkbox"/> medical records |
| <input type="checkbox"/> protection order papers/documents | <input type="checkbox"/> divorce/separation papers |
| <input type="checkbox"/> social insurance cards | <input type="checkbox"/> lease/mortgage/insurance |
| <input type="checkbox"/> immigration papers | <input type="checkbox"/> address book, pictures/photos |
| <input type="checkbox"/> school /vaccination records | <input type="checkbox"/> children's favourite toy/blankets |
| <input type="checkbox"/> chequebook, bank book/cards | <input type="checkbox"/> items of special sentimental value |
| <input type="checkbox"/> credit cards | <input type="checkbox"/> jewellery |
| <input type="checkbox"/> keys - house/car/office | <input type="checkbox"/> money |
| <input type="checkbox"/> driver's license and registration | <input type="checkbox"/> medications (for you and the kids) |

I keep my important documents and items at: _____

