

# Safety Plan

If You Are Living With Possible Violence

## ✓ Plan

*Decide what you will do if you leave (even if you haven't decided to leave yet)*

- Decide where to go, how to get there
- Make notes about relevant incidents; keep text messages/voice mails/emails to help if you seek legal advice

## ✓ Collect important items in a handy place

*So you can be ready to leave quickly if needed*

- Passport
- Copies of birth and marriage certificate(s)
- Medical records and copies of scripts
- Financial records

## ✓ Pack things you will need immediately

*Leave with a neighbour, or hide them outside your house*

- A spare car key and \$20 or more
- Clothing and other things you'll need
- Children's things
- List of important contact details – family, friends, schools, doctor etc

## ✔ Talk to other people

*Tell people you trust about the violence*

- Make friends with neighbours – ask them to call police if they hear sounds of violence from your house
- Two friends – agree on a code word so they know when you ‘need to get out now’
- Your child’s teacher and school principal – tell enough so they understand; ask them to agree not to release the child to your partner, if you tell them you are about to leave home

## ✔ Take action

*Limit possible violence*

- Avoid arguments in the bathroom/garage/kitchen or near weapons
- Avoid saying you will leave if they hit you again. They may.
- If they are “building up” and you can’t safely leave, keep your back to an open space, not a corner
- Be aware that you may be tracked via online accounts or your phone

**Remember: You don't deserve to be hit**