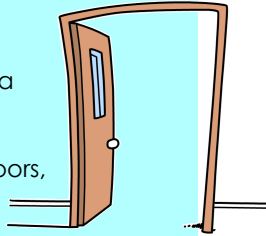


Safety Plan – During Violence

Safety during a violent incident:

In order to increase safety during a violent incident, you may use a variety of strategies. Some strategies for you to consider are:

1. What are the possible escape route(s) from my home? What doors, windows, elevators, stairwells, or fire escapes could I use?



(I will take the time to practise how to get out safely.)

2. Where can I keep my purse/wallet and keys so I can locate them easily if need to leave in a hurry?



(I can also have a second set of keys made in case my partner/ex takes the first set.)

3. If it's safe, who could I tell about the violence? I can ask them to call the police if they suspect I am in danger.



4. The code word I will use with my children or other family members if I need to call for help is:

5. Safe places I can go if I need to leave my home:

To use the phone: _____

To stay for a few hours: _____

To stay for a few days: _____

6. During an abusive incident, it's best to try and avoid places in the house where I may be trapped or where weapons are readily available e.g. the bathroom or kitchen. Bigger rooms with more than one exit may be safer.

Rooms to avoid: _____

7. I may need to consider survival skills such as claiming to agree with the abuser even when I don't in order to increase safety. I must be careful if retaliating as this could lead to me being arrested.

8. Calling the police.

9. Given my past experience, other protective actions that I have considered or employed are:

"The most difficult thing is the decision to act, the rest is merely tenacity." Amelia Earhart

My Safety Notes:



Safety Plan – Preparing to Leave

Over these pages (pages 83 – 88) there is lots of information to help you make a safety plan. This might feel quite overwhelming. Use these space to write or draw how safety feels to you.



Safety planning if you are preparing to leave:

If you're thinking about leaving (or might do in future) these are some protective actions you may wish to consider.

1. It may not be safe to inform my partner that I am leaving.
2. Should I need to leave quickly, I will leave emergency cash, an extra set of house and car keys, and extra clothes with:

3. I can keep copies of important documents such as immigration papers or birth certificates with:

4. The local Domestic Abuse Helpline number is:

5. I can open a savings account to increase my freedom to leave. I should make sure to tell the bank not to send any post to my home address.
6. I can get legal advice from a solicitor who understands domestic abuse. My local Domestic Abuse Service may be able to recommend someone.
7. I must be careful when using my mobile or home number because my partner or ex might be tracking me. To keep telephone communications confidential, I can use a pay phone, a friend's phone or a pay-as-you-go mobile that my partner or ex is unaware of.
8. If I need to return home to get personal belongings, I may be able to ask the police for an escort to stand by and keep the peace. To do this, I call 101 and ask the police to meet me somewhere close to my home. They will stay while I pick up my own and my children's personal belongings.



Safety Plan - Preparing to Leave

Things that will help if I am preparing to leave

1. These are people that I could ask for assistance with:

Money: _____

Childcare: _____

Attending appointments: _____

Transportation: _____

Other: _____

2. Other protective actions I have considered are:

3. Telephone numbers I need to know (it may be necessary to keep these telephone numbers hidden, but accessible and/or memorise the numbers):

Police Department: _____

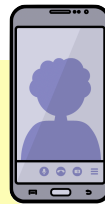
Domestic Abuse Help Line (24 hours): _____

Solicitor: _____

Work: _____

Religious Leader: _____

Other: _____



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Things that I need to take with me, if I leave

When leaving an abusive partner, it's important to take certain items with you. Items with asterisks (*) are the most important, but if there is time, the other items might be taken, or stored outside the home. Keeping them in one location makes it easier if you need to leave in a hurry.



Paperwork

☐

Any legal papers/files

☐

Divorce/separation papers*

☐

Immigration papers*

☐

School and vaccination records*



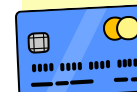
Medical

☐

Medications*

☐

Any medical records*



Financial

☐

Money*

☐

House lease/mortgage/insurance documents*

☐

Bank cards/cheque books/cards.



ID

☐

Identification for myself*

☐

Passport/s*

☐

My birth certificate*

☐

Children's birth certificates*

☐

Driver's license and car ownership details*



Home

☐

Keys-house/car/office*

☐

Address book

☐

Pictures/photos

☐

Children's favourite toys/blankets

☐

Jewellery

☐

Items of special sentimental value

Safety Plan – My Home

Safety in my own home

The following are some suggestions regarding safety measures in your own home that you may wish to consider (some of these safety measures cost money).

1. If I have custody and access issues, I can inform all the people who provide childcare for my children about who has permission to pick up my children and who doesn't.

2. I can give these people copies of the custody and access order to keep with them and a picture of the abusive partner. The people I will inform about pick up permission include:

School: _____

Teacher: _____

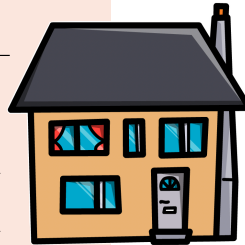
Nursery staff: _____

Other childcare: _____

Sunday school teacher: _____

Relatives: _____

Other: _____



3. I could inform the following people that I am separated and ask them to call the police if my partner or ex is seen near my residence:

Neighbour: _____

Landlord: _____

Friend: _____

Other: _____

Ways I could make my home safer

****You may have to check out the legalities of changing your locks and inform your landlord and others.**

☐

Change the locks on my doors and windows.**

☐

Install a peep hole in the door.

☐

Replace wooden doors with steel/metal doors .

☐

Install window bars and poles to wedge against doors.

☐

Install an electronic alarm system and/or CCTV.

☐

Purchase rope ladders to be used for escape from second floor windows.

☐

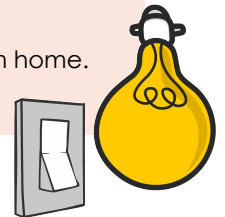
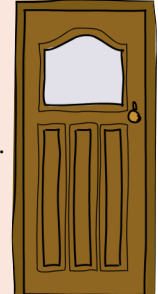
Install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.

☐

Install a motion sensitive lighting system outside that lights up when a person comes close to my home.

☐

Leave the lights on at night and when I am away from home.



Safety Plan – Legal Orders

Safety with an Injunction

Injunctions are protection orders that someone can apply for in court. (Magistrates Family Court, County Court) If granted by the court, these aren't active until served to the respondent. An applicant can apply for an emergency order without notice to the respondent, but this is dependent on specific factors, including the timeline of the last incident. However, the respondent (perpetrator) will be given notice of another hearing whereby they have the right to 'respond'/'object to' the order. Injunctions are part of Civil Law and ONLY become a criminal matter if the perpetrator breaks it. It is important that applicants request from the court that the order has 'a Power of Arrest' attached to it.

Different types of Injunctions:

1. Non Molestation Order: these can have varying characteristics attached to them, but all would stipulate that the perpetrator is not to threaten or cause physical harm, or incite a third party to cause or threaten harm. They are not to pester, harass or contact the applicant. (Sometimes courts will stipulate that the perpetrator is not to attend the street or property – if they don't have a legal right to reside there). These are usually granted for six months, although they can go up to 12 months. Once expired an applicant can reapply if there is still risk of harm to them.

2. Occupation Orders: This deals with the "property", if the perpetrator has a legal right to abide in the property. These can be difficult to obtain as the court does not like to intentionally make a party homeless. If the perpetrator has another place to reside (eg: family, friends) ensure the court is aware of this. The order can prohibit the perpetrator from attending the entire property, OR can make restrictions to how the two parties live in the dwelling but dividing the rooms up and/or by times. Eg. "A" can go in rooms 1, 2,3 between the hours of 9-5 but is restricted from attending these rooms outside of these hours, or "A" can dwell in rooms 1,2 and "B" can dwell in rooms 3,4.

3. Prohibited Steps Order: These are orders involving children if the perpetrator has Parental Responsibility. These orders are primarily granted if there is a risk that the perpetrator will attempt to remove the child/ren from the home, area or country.

There are Residency Orders and Child Contact Orders that can also be obtained from the courts to offer protection regarding the children. Without one of these specific orders it is not possible for a school to withhold giving the child to the perpetrator as they have a legal right to take them – exceptions are if children's social care have a Child Protection Plan open.

4. Undertaking: This is essentially a 'promise' to the court by the perpetrator that they won't do anything bad. This happens when either there is not enough evidence to grant a non molestation order, and/or the perpetrator objects to it. There is no power of arrest with this however if the perpetrator 'breaks' their promise to the court they are in 'contempt of court'. The applicant must inform the court and likely a non molestation order will then be granted.



The following are some steps that I can take to help support the enforcement of my protection order.

1. It is important to know the specifics and limitations of the injunction. I will find out the conditions and what they mean for my safety.
2. I can call the police station to ensure that the protection order is registered on the police computer system (PNC).
3. If my ex violates the protection order, I can call the police and report the violation. Depending on the type of protection order, I can also contact my ex's probation officer, my solicitor and/or my advocate. (It is important to report every violation of the order to the police).
4. If the police don't help, I can call the Duty Sergeant immediately at the police station and express my concern. If I have one, I can also contact my advocate, my ex's probation officer, or my solicitor, as well as filing a complaint with the police.
5. I will keep my injunction document(s) (originals, if possible) in this location:

(It is beneficial to keep the document(s) on or near me. It may also be helpful to keep a copy in a second safe location.)

6. If my partner destroys the injunction paperwork, I can get another copy from the court, my lawyer, or:

7. If it's safe to do so, I can inform the following people that I have an injunction in effect:

My employer: _____

My friend: _____

My family: _____



Safety Plan - My Life

Safety at work and in public

Each woman must decide when or if she will tell others that her partner has abused her and that she may be at continued risk. Friends, family and co-workers may be able to help protect women. Each woman should consider carefully which people to recruit to help secure her safety.

1. If I feel able, I can inform the following people at work of my situation:

My boss: _____

The security supervisor: _____

Other: _____

2. According to how comfortable and safe I feel, I can ask the following person to help screen my telephone calls at work:

(It could be of assistance to me if they document these calls.)

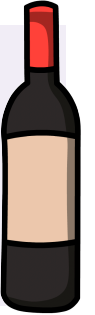
3. If it is comfortable to do so, and I feel it would be supportive to me and my situation, I could discuss the possibility of having my employer call the police if I am in danger from my partner or ex.

4. Some safety suggestions regarding arriving or leaving work:

- Let someone know when you'll be home.
- Walk with someone to your car/bus/train.
- Scan the car park.
- If your partner is following you, drive to a place where there are people. to support you, e.g. a friend's home, police station.
- If you are walking, take a route that is populated.
- Take different routes home.
- If you see your partner on the street, try to get to a public place e.g. a shop.
- You can also call attention to yourself and request help.
- Purchase a personal alarm device.
- You can use different supermarkets/shopping centres and shop at different times than you did before to reduce the risk of contact with your partner or ex.

Safety and Drug or Alcohol Consumption

Many people consume alcohol or mood-altering drugs. Much of this consumption is legal. Some isn't. In legal situations, disclosing the use of illegal/legal drugs can put a woman at a disadvantage to her abusive partner. In addition, the use of alcohol or other drugs can reduce a woman's awareness and ability to act quickly to protect herself from the abusive partner. The use of alcohol or other drugs by the abuser may be used as an excuse for violence.



Safety and My Emotional Health

Being subjected to abuse by a partner is exhausting and emotionally draining. Survival requires much courage and incredible energy. To conserve my emotional energy and resources and to support myself in hard emotional times, I can do some of the following:

1. If I have left the relationship and I am experiencing loneliness or manipulative tactics from my abusive partner, I can take care of myself by:

2. When I have to communicate with my partner in person or by telephone, I can emotionally prepare by:

3. When I face potentially difficult times like court cases, meetings with solicitors etc., I can prepare by doing the following

