
DV Safety Plan

The following information may be of use to the victim of domestic and family violence:

PERSONALISED SAFETY PLAN

If you are in an abusive relationship, think about....

1. Having important phone numbers nearby for you and your children. Numbers to have are the police, hotlines, friends and the local 1800 number
2. Names of friends or neighbours you could tell about the abuse. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 000. Let others know a code word that if you use means you need help.
3. How to get out of your home safely. Practice ways to get out.
4. Safer places in your home where there are exits and no weapons. If you feel abuse is going to happen try to get your abuser to one of these safer places.
5. Any weapons in the house. Think about ways that you could get them out of the house.
6. Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house – taking out the rubbish, walking the pet or going to the shops. Put together a bag of things you use everyday (see checklist). Hide it where it is easy for you to get.
7. Go over your safety plan often.

If you consider leaving your abuser, think about....

1. Four places you could go if you leave your home.
2. People who might help you if you left. Think about people who will keep a bag for you. Think about people who might lend you money. Make plans for your pets.
3. Keep change for phone calls or get a mobile phone.
4. Open a bank account or get a credit card in your name.
5. How you might leave. Try doing things that get you out of the house – take out the rubbish, walk the pet or go to the shops. Practice how you would leave.
6. How you could take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.
7. Put together a bag of things you use everyday. Hide it where it is easy for you to get.

ITEMS TO TAKE IF POSSIBLE

Children (if it is safe) Money
Driver's license
Keys to car, house, work
Extra clothes Medicine
Important papers for you and your children
Birth certificates
Health card, credit cards, Centerlink identification
School and medical records
Bankbooks

Car registration
Welfare identification
Passports
Lease/rental agreement
Mortgage payment info, unpaid bills
Insurance papers
Domestic Violence Order
Any legal documentation
Your will
Address book
Photos, jewellery, things that mean a lot to you
Items for your children (toys, blankets etc)
His tax file number

8. Think about reviewing your safety plan often.

If you have left your abuser, think about....

1. Your safety – you still need to.
2. Get a mobile phone.
3. Get a Domestic Violence Order (protection order) from the court. Keep a copy with you all the time. Give a copy to the local police, people who take care of your children, their schools and your boss.
4. Change the locks. Consider putting in stronger doors, smoke detectors, security system, outside lights.
5. Tell friends and neighbours that your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home or the children.
6. Tell people who take care of your children the names of people who are allowed to pick them up. If you have an order protecting your children give their teachers and baby-sitters a copy of it.
7. Tell someone at work about what has happened. Ask that person to screen your calls. If you have a protection order that includes where your work, consider giving your boss a copy of it and a picture of the abuser. Think about and practice a safety plan for your workplace. This should include going to and from work.
8. Ensure bank accounts, mobile phone statements (all identifying information) go to a safe address where the abuser does not have access to the information.
9. Not using the same shops or businesses that you did when you were with your abuser.
10. Someone that your can call if you feel down. Call that person if you are thinking about going to a support group or workshop.
11. Find a safe way to speak with your abuser if you must. Consider putting in an answering machine to filter calls.
12. Go over your safety plan often.

SPECIAL NOTE: Abusers try to control their victim's lives. When abusers feel a loss of control – like when victims try to leave them – the abuse often gets worse. Take special care when you leave. Keep being careful even after you have left.