

Suggested Safety Plan for Women

The following is a suggested safety plan for women.

Please note that all of the information may not apply to everyone, but it is designed so that one may extract what they feel is helpful.

Your Email Address:

Important Phone Numbers

Police:

Hotline:

Friend:

Physician:

Shelter:

I can tell _____ and _____ about the violence and ask them to call police.

If I leave my home, I can go to:

I can leave extra money, keys, clothes and copies of documents with:

If I Leave, I Will Bring:

Identification

Birth certificates for me and my children

Social Insurance Numbers

School and medical records

Money, banking information, statements, credit cards

Keys – house/car/office

Driver's license, registration and car insurance

Medications

Change of clothes

Passport(s), Permanent Resident card, travel/student/work visas

Divorce papers

Lease/rental agreement, house deed

Mortgage payment records, current unpaid bills

Insurance papers

Address book

Pictures, jewellery, items of sentimental value

Children's favourite toys and/or blanket

Laptop and/or cellphone

Suggestions for Increasing Safety When the Relationship is Over

I can change the locks, install steel/metal doors, a security system, smoke detectors and an outside lighting

I will inform _____ and _____ that my partner no longer lives with me.

People who have permission to pick up my children:

I can avoid stores, banks and:

If I feel down and ready to return to a potentially abusive situation, I can call:

I will inform people at my children's school(s) about my situation.

I will inform people at work about my situation.