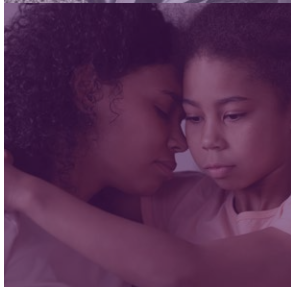


Safety Planning



Safety Tips



You must think about your safety. In this booklet are some tips to help keep you safe.

If you are in danger and need immediate help, call 911.

If you are in crisis and **need to talk to someone**, call Crisis Intervention 24/7 at **1-800-352-1141**.

Support Agencies:

Safety at Home



Talk to others about your safety.



If things do not feel right, be extra careful.



Do what you feel will keep you and your children safe.



Keep a phone and important numbers nearby.

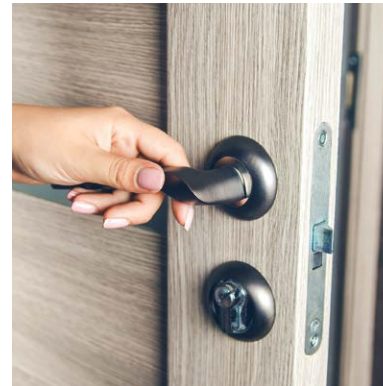
Police: _____

Shelter: _____

Friends:



You can set up a safe room in your home. It should have an exit, a phone and a lock on the door.



Think of safe ways to get out of your home.



Plan a safe place to go if you need to leave your home.

Getting ready to leave



Think about papers, electronics and things you will need. (example: phone, computer)



Talk to someone you trust about your plan.



Hide them in a safe place.



Open your own bank account.



Do not tell the person who hurts you that you are leaving.



Try to keep some money in a safe place.



Ask police to be there when you leave.



Have a safe place to stay, like a shelter.

Items to take with you

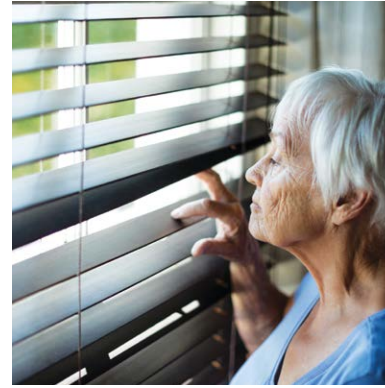
- Personal identification - for you and any children with you (birth certificate, driver's license, health card, passport, social insurance card)
Custody orders for children
Address book
Keys (house, car, office, mailbox, garage)
Money (cheque book, debit card, credit card, bank book)
Medicine
Phone & phone charger
Things that mean a lot to you (pictures, jewelry)
Children's diapers, toys and blankets
Status Card (Indigenous)
Immigration papers
Bank papers (mortgage, loans or line of credit)
Insurance papers (life, home, auto)
Car ownership papers
Lease/rental agreements, property deeds
Job/pension papers
Income tax papers

Small items that won't be immediately missed could be taken to trusted family, friends, or neighbours.

In your home



Change the house and garage door locks.



Check who is at your door before you open it.



Lock your windows.



Put in a peep hole.



Lock your doors even when you are at home.



Keep a phone charged and near you.



Make sure you can see out all windows.



Make sure your house number is easy to see.



Leave a light on.



Tell neighbours what is going on.






































Have good outside lights.



Have them call police if they see the person near your home.

Stalking Incident Log

Date	Time	What happened	Where did it happen	Who was there when it happened
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/phone call <input type="checkbox"/> Other:	
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/phone call <input type="checkbox"/> Other:	
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/phone call <input type="checkbox"/> Other:	
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/phone call <input type="checkbox"/> Other:	
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/phone call <input type="checkbox"/> Other:	
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/phone call <input type="checkbox"/> Other:	
			<input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Online/Social Media      <input type="checkbox"/> Texts/phone call <input type="checkbox"/> Other:	

If you are not at home



Tell police if the person will not leave you alone.



Try to stay where there are people around you.



Write down each time the person bothers you. (Use the *Stalking Incident Log* on the previous pages)



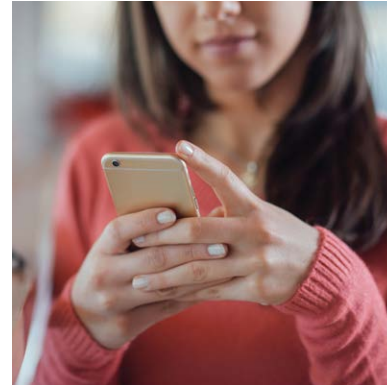
Go out with friends.



Use the buddy system.



Keep court papers with you.



Let someone know where you are going and when you will come back.



If you are in danger, find people or busy places - go to a nearby place and ask for help.



Use the buddy system.



Tell people you trust what is going on.

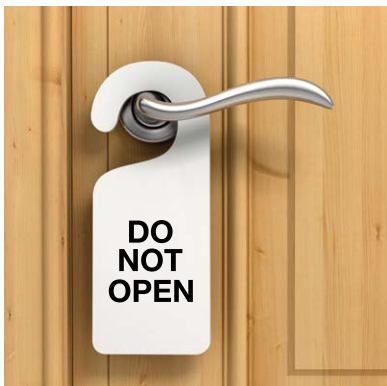
Safety plan with your children



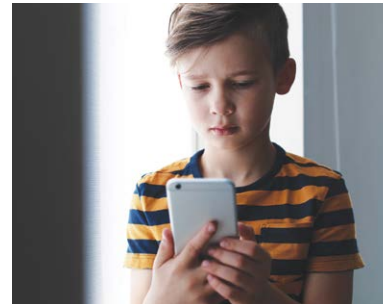
Teach your children to keep away from where the danger is.



Teach them safe places inside and outside the house.



Teach them to tell you if someone is at the door and not to open it themselves.



Teach them how and when to call 911.



Make sure they know your address.



Let the school or daycare know who can pick up your children.



Talk to your children about safe people they can talk to (teachers, social workers, etc.)

Internet safety



- Have a strong password
- Change passwords often
- Check privacy settings
- Block your abuser – his friends and family too



- Be careful who you accept as friends
- Tell friends and family not to post things about you or your children
- Don't share your location on social media



- Trust your instincts – if you think your abuser knows too much, it may be that your phone, computer or email are being watched



Always keep your cell phone charged and with you.



If you call 911 from your cell phone, tell police where you are.

Look after yourself



Keep a journal. Write one good thing about yourself everyday.



Take time for you.



Go for a walk with a friend.



Be with people who make you feel good.



Find a support group.



Talk to a counsellor.



Eat well and get your rest.

Things to do

Notes



Nipissing

Violence Against Women
Coordinating Committee (VAWCC)

Les comités de coordination des services
communautaires d'aide aux femmes
victimes de violence (COFVV)

Ontario



For more information visit endthecycleofabuse.com